iPhone 3G | Some stockings have all the luck.

ONLY $199 ON SELECT 3-YEAR PLANS*

the new fido Giving low prices a good home.

ROGERS

*Pricing based on 8 GB version with subscription to 3-year term plan with minimum $30 monthly service fee. Early cancellation fees apply. Apple, the Apple logo and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries. ™Rogers & Mobius design are trademarks of Rogers Communications Inc. used under license. ™Fido & design are trademarks of Fido Solutions Inc. used under license. © 2008 Rogers Wireless.

BAR LOUNGE NOW OPEN

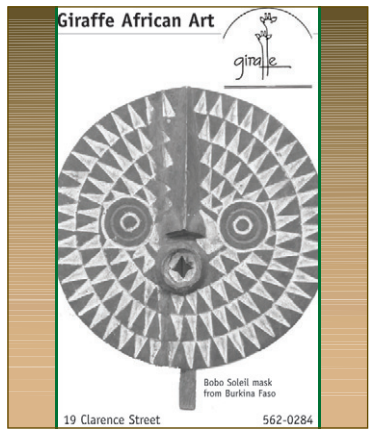
JOHNNY FARINA

216 Elgin Street • 613-565-5155

The world's largest global newspaper

metro

OTTAWA • WEDNESDAY, NOVEMBER 12, 2008 metronews.ca



Montreal firm eyes making Lansdowne bid

PROPOSAL A Montreal-based developer is interested in submitting a bid to redevelop Lansdowne Park.

Broccolini Construction has written to Ottawa Mayor Larry O'Brien, asking to compete in a design competition at Lansdowne Park. The company's bid would include residential development, sports facilities, green space and retail areas.

The proposal comes as the city is reviewing the "Lansdowne Live" plan recently submitted by local developers Roger Greenberg, Bill Shenkman and John Ruddy. That plan features a world-class sports stadium, a refurbished arena, aquarium, exhibition space, amphitheatre, formal gardens and ponds, shopping, a Farmer's Market and a new hotel.

The local group has said if Ottawa resumes its open design competition for Lansdowne, they would withdraw their proposal.

CTVOTTAWA.CA

TIM WIECLAWSKI/METRO OTTAWA

Silver Cross mother Avril Dianna Stachnik, Governor General Michaëlle Jean, and Prime Minister Stephen Harper, from left, watch the veteran's parade during the National Remembrance Day ceremony held yesterday in downtown Ottawa.

Honouring the fallen

Bells tolled, guns boomed and thousands gathered at Ottawa's National War Memorial yesterday to pay solemn tribute to Canada's war dead.

An estimated 25,000 gathered for the traditional wreath-laying at the downtown ceremony. As Maple Leaf flags fluttered, the Peace Tower's bell rang out to mark Remembrance Day's most important hour — the 11th hour of the 11th day of the 11th month.

Avril Dianna Stachnik — the mother of Sgt. Shane Stachnik, who was killed in September 2006 during a battle with insurgents near Kandahar — was honoured as the Silver Cross mother representing generations of grieved parents.

Across town, a group of combat engineers from CFB Petawawa performed an informal — and moving — salute at Stachnik's grave.

Two by two, they marched to his grave, saluted and placed lapel poppies into a wreath next to his gravestone.

"Here you can actually come and see the graves, the resting place of people we worked with so this is definitely more personal," said Sgt. Neil Coates, who served with Stachnik and remembered him as a "good friend."

Accompanied by bagpipers, punctuated by artillery gun salutes and a flyover of CF-18 jet fighters, Governor General Michaëlle Jean and Prime Minister Stephen Harper paid their respects before rows of veterans and current soldiers at the war memorial.

"It's so great to see so many people here," said Kyra Wallace, an Ottawa nurse.

"It's about pride and gratefulness" for those who have served in the military, she said.

TORSTAR NEWS SERVICE

Afghanistan weighs heavily at Beechwood ceremony

- Hundreds of people also paid tribute to Canada's fallen soldiers at Ottawa's National Military Cemetery on Remembrance Day.

Although all of Canada's war dead are honoured at Beechwood Cemetery on Nov. 11, it's the recent Afghanistan war that is etched the sharpest.

"I know personally someone who died from there, so it's hard," said Valerie Dixon.

The wreath for mothers was placed by Roxanne Priede, whose son Darrel was killed in Afghanistan. Amanda Anderson placed another in memory of her fallen husband and comrades in the Princess Patricia's Canadian Light Infantry.

"It's sad, but it takes someone with honour and courage to represent us and to defend our values," said Claudette La Salle.

While honouring those who lost their lives, Father Paul Alain Monpas also reminded those on hand to be thankful for the freedoms they enjoy, won by those who sacrifice themselves abroad.

"We are free to go to the supermarket or to the coffee shop without worrying about suicide bombers."

Since 2002, 97 soldiers and one diplomat have lost their lives while serving in Afghanistan. CTVOTTAWA.CA

ShareYourViews

ottawaletters@metronews.ca

Automotive pg 12

DBS: Bond's newest ride

Travel pg 14

Choose your spa in Nassau

Free Daily News Group Inc., operating as Metro Ottawa 130 Slater Street, Suite 300, Ottawa, Ontario K1P 6E2. Publisher C. Dave Kruse

Say hello to thermal underwear and goodbye to your landline.

Ultimate Talk & Text Combo Contains

- Unlimited Messaging (Text & Picture)[1]
- Up to 2000 Anytime Minutes
- 7pm Evenings & Weekends[2]

koodomobile.com

You pay no System Access Fee.

koodo mobile™

Good call

BEST BUY · FUTURE SHOP · WAL★MART · Zellers

koodo shop

Ottawa
Billings Bridge Plaza
Carlingwood Mall
Place d'Orleans
Rideau Centre

Kingston
Cataraqui Town Centre

(1) Excludes premium messages. Includes international text and picture messages. (2) Unlimited local calling from 7pm to 8am, Monday through Thursday and from 7pm Friday to 8am Monday.

Bus strikes teen at transit station
A teenaged girl suffered a serious leg injury after being struck by an OC Transpo bus yesterday afternoon. Police said a bus appeared to roll over a 16-year-old girl's leg as she crossed the road near the Baseline transit station at around 1 p.m. The girl was in stable condition yesterday. METRO OTTAWA

Ottawa

Nervous about Nortel

New job cuts at Nortel are making some people here worried that Ottawa is on the brink of another tech meltdown. "I think whether a company is doing very well or poorly, they are all looking (at staff cuts). They're at least holding back on new expenses, limiting travel, limiting big business development and people are ready to cut," said Debbie Weinstein, who advises tech companies across Canada. CTVOTTAWA.CA

Cops chasing flasher after run of exposures

TRACEY TONG
tracey.tong@metronews.ca

Several reports of a man committing indecent acts in the city's south end have police investigating.

Police said yesterday that last Thursday, and on October 29 and October 24, several people reported that a male had exposed himself to women while they were walking on a pathway in the area of the Hog's Back Bridge.

The incidents occurred in both early morning and late afternoon hours.

"The person isn't interacting with them," said Staff Sergeant John McGetrick with the Ottawa Police Sexual Assault Unit. "There was no intent to touch or grab. This type of offender wants attention. He's not interfering with people physically.

"As of now, no one's been assaulted."

Still, there is always the possibility that the suspect is dangerous, said McGetrick.

"Anyone of this nature is potentially dangerous," he said. "The potential is there to escalate the behaviour."

The suspect is described as a white male in his mid-30s, 5'8" to 6' tall with medium build.

He was wearing a dark navy blue hoodie, black sweatpants and black running shoes.

Contact police

- Anyone with information can contact the Ottawa Police Service Sexual Assault/Child Abuse Unit at 613-236-1222 ext 5944.

'Devotion to duty' honoured

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

During the Remembrance Day ceremony at the National War Memorial, the Torch of Remembrance was passed from John Babcock, Canada's last surviving World War I soldier, to a World War II veteran, to a Korean War vet, to a peacekeeper, to current Sgt. Randy Keirstead, who recently served in Afghanistan.

PHOTOS BY TIM WIECLAWSKI / METRO OTTAWA

Above: Retired soldier Jean-Pierre Riendeau, 60, poses with the medals his grandfather and father earned in World War I and II.
Right: After yesterday's National War Memorial ceremony in Ottawa, thousands of people lined up to lay wreaths and poppy-lapel pins on the Tomb of the Unknown Soldier.

A similar line of service can be traced through the families of local soldiers today, like Jean-Pierre Riendeau, 60, a retired Royal 22nd Regiment soldier, who was a peacekeeper in Egypt.

Riendeau's grandfather, Ferdinand, fought during the last 100 days of World War I. He was 36 when he returned from war and settled in Ottawa. His father fought in northwestern Europe in the Second World War. There is a bronze oak leaf on his medals for "valiant conduct, devotion to duty" earned in the war.

Riendeau has noticed a renewed reverence for soldiers since Canada's mission in Afghanistan began.

"Maybe it's because there is more coverage in the media, so it seems closer to home. We honoured our deceased comrades with the Highway of Heroes. People notice that and they show support," he said. "We treat our boys coming back as heroes. Rightly so."

Leslie Kemp's father fought in the First World War. At the age of 17, Leslie also enlisted, in the Merchant Navy, just as the World War II was ending. In 1946 he was stationed near Israel, where the waters were still loaded with floating mines.

As president of the League of Merchant Mariners Veterans of Canada, Kemp laid a wreath during the ceremony.

If people could see the cemeteries for Canadian soldiers he has visited in Europe, there would be less war, he said.

"There are 10,000 graves in a cemetery and, you look at a grave and it says there are six unknown soldiers buried under each one," said Kemp. "When you attend these events overseas and you see the graves, you just can't imagine so much suffering went on in the world."

Anti-war 'white poppy' wreath vexes on veterans' day

After the thousands of people who laid wreaths and poppy pins at Ottawa's National War Memorial left yesterday, a small group stole in to do the same. But the poppies they laid were white, not red.

The Ottawa White Poppy Collective knows its anti-war white poppies are controversial. But while many see it as a misappropriation of a cherished Canadian icon, the local group sees it differently.

"We didn't want to interfere or make a fuss," said group member Brenda Vellino. "And we don't want to overshadow the Legion's ceremony. But … we're laying a wreath as a symbol of commitment to building a culture of peace."

Still, people visiting the memorial expressed distaste at the use of Remembrance Day to make what they perceive as an opportunistic political statement.

"I don't think it was the place or the day to protest," said Tammy Kempton of Ottawa.

"I think it's a bit disrespectful," said Angela Rogers of Ottawa. "Remembrance Day is for honouring the people who fought for (the country)."

TRACEY TONG / METRO OTTAWA

metronews.ca
WHAT'S ONLINE TODAY

Watch families of slain soldiers join an emotional ceremony in Kandahar at metronews.ca/canada
Check movie showtimes, trailers and reviews at metronews.ca/movies
Play online Sudoku at metronews.ca/play

Lotteries

Ontario Pick 3 0 6 3 Ontario Pick 4 3 3 3 3
Encore 4419366 Daily Keno 1, 8, 13, 21, 24, 25, 30, 33, 34, 42, 44, 50, 51, 54, 56, 59, 61, 62, 68, 70 These results are not official.

News in brief

COLLISION A 34-year-old man alleged to be driving while intoxicated suffered head injuries after crashing his car into a light standard and smashing over several street signs yesterday in Gatineau. At 1 a.m. on Tuesday, a man was driving north on Fournier Boulevard when his car left the roadway, struck a light standard, and "took out lots of signs and ended up in a field," said Const. Isabelle Poirier. The man was alone in the car, Poirier said. He was treated for non-life-threatening head injuries. Police alleged that alcohol was the reason for the accident. The man, whose name was not released, faces charges.

TRACEY TONG / METRO OTTAWA

Drink responsibly this holiday season

Gatineau police and Surete du Quebec and MRC des Collines officers will be patrolling city and Outaouais area roads to reduce drunk-driving offences now and through the holiday season, Gatineau police announced yesterday. Linked to 200 fatalities a year, alcohol is the number one cause of death on Quebec's roads. METRO OTTAWA

Forget Milan – Ottawa has your fashion fix

Second annual Fashion Week looks to dress down city's buttoned-up reputation

CityScapes

Tracey Tong
tracey.tong@metronews.ca

Whether they favour American Eagle or Alexander McQueen, vintage or Valentino, functional or frou frou, everyone's got their own sense of style.

I've always thought that you are what you wear — at the very least, your outfit (whether you're dressed for comfort, to work or to impress) says something about how you're feeling or who you are that day.

"Fashion here is much more functional. I think that's because of the government. But there's also more of a mix. You'll see a different outfit on everyone. There's a huge sense of individuality."
Hussein Rashid

If you fall into the latter category, you probably already know that the second Ottawa Fashion Week kicks off here today.

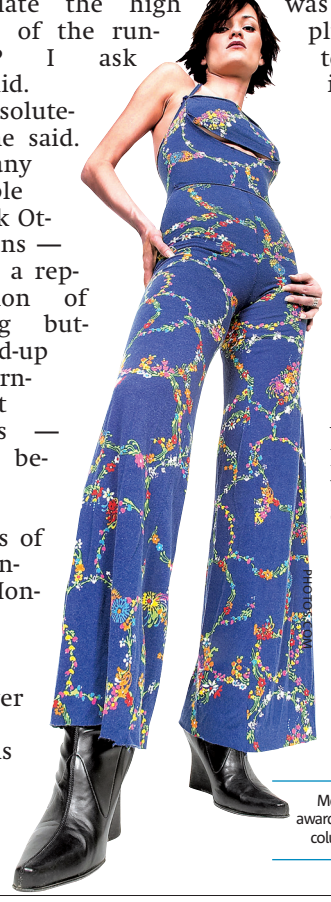
With Paris and Milan out of reach for many people, the event is Ottawa's answer to the catwalk, giving local fashionistas their style fix.

Held at the National Arts Centre, the event features a conference and a chance to check out designer showrooms, wrapping up with two days of runway shows Friday and Saturday.

About 5,000 people are expected to attend the runway shows, which will feature 20 designers and have the "same mood as Fashion TV," said event director Hussein Rashid.

The selection process for the designers was a little tougher this time, he said. After incorporating designers from all over the world in the first show, Rashid decided to bring the second show "back to its Canadian roots."

But is Ottawa fashion-forward enough to appreciate the high style of the runway? I ask Rashid.



PHOTOS.COM

Absolutely, he said.

Many people think Ottawans — with a reputation of being buttoned-up government types — are behind residents of Toronto, Montreal and Vancouver in terms of fashion, but there is actually a strong fashion sense here, he said.

I look down at my sweater (light wool, some weird foreign brand), khakis (Banana Republic) and walking shoes (Rockport, purchased by my mother). Really?

"Fashion here is much more functional," he said. "I think that's because of the government. But there's also more of a mix. You'll see a different outfit on everyone. There's a huge sense of individuality.

"One example is the indie crowd," he said. "They're very serious about how they dress."

University students coming from all over, also bring their fashion ideas to the city, he said.

The city, too, is increasingly being more supportive of fashion, he said.

"There are schools here that support the fashion industry – Richard Robinson, Algonquin," he said.

That's what, in part, he was hoping to accomplish when he helped to start Ottawa Fashion Week and when he formed the Ottawa-based Canadian International Modeling Agency, which gives models, talent, art directors, wardrobe designers and a chance to market themselves.

"Most agencies believe that if they went to Paris or Milan or Hong Kong, they've made it," he said. "But I want them to find mainstream work here. We feel there is an opportunity for them here in Ottawa. It's a matter of finding the venues."

Metro Ottawa's Tracey Tong is an award-winning reporter. Her Cityscapes column appears every Wednesday.

RIDEAU
THURSDAY, NOVEMBER 13th, 2008
12 pm - 9 pm

LET OUR EXPERTS SHOW YOU THE BEST IN COSMETICS, FRAGRANCES AND JEWELLERY FOR THE HOLIDAY SEASON!THERE IS JUST SOMETHING ABOUT THE SEASON WHICH MAKES US BELIEVE THAT ANYTHING IS POSSIBLE!

Be Enchanted By Our Exclusive Scents
Create your own feeling of enchantment by surrounding yourself with your favourite fragrance or discover a new one. "Discover what fragrances enchant you". **12 - 9 pm, Main Floor**

Holiday Wish List
Create your ultimate holiday wish list! Visit our counters to find the top 10 gift giving ideas for that special someone or take home a list just for you! - **12 - 9 pm, Main Floor**

Evening Sparkle- Transform your day look to instant Holiday Glamour!
Receive a beautiful picture of your new glamorous Image with any cosmetic purchase of $75 or more after you receive your makeover. Be sure to book ahead your makeover appointment at one of your favourite cosmetic counters. - **12 - 9 pm, Main Floor**

Mystical Moment
Let our crystal ball reader/fortune teller take you to a special time with a $100 purchase in the Fragrance department - **5:30 pm - 8:30 pm, Main Floor**

Crystal Clear
Try some champagne from our ice fountain of youth. - **5 - 9 pm, Main Floor**

Gourmet Glamour
Let the Ottawa Culinary School of Art enchant your taste buds with tantalizing appetizers. **7 pm, Main Floor**

It's a Wrap
Have your gifts wrapped by the donation gift wrapping station while you have fun shopping for yourself!

Step Up Gifts
Come to the Enchanted Christmas Tree and receive a holiday treat when you purchase $100 or more

Live Entertainment - 6-9pm, Main Floor

Main Door Prize: Overnight Stay at Hotel De Glace
Enter a magical world where snow and ice are transformed into fabulous decors.

Sponsored by
Hôtel de Glace

TICKETS $10
(plus applicable taxes)

$2 from every ticket sold will benefit Look Good Feel Better. Use $8 after taxes towards your first cosmetic, fragrance or jewellery purchase at the event. Purchase your ticket from any of our Beauty Advisors or Jewellery Associates

Look Good Feel Better Helping Women with Cancer

LOOK GOOD FEEL BETTER IS A PROGRAM OF THE CANADIAN COSMETIC, TOILETRY AND FRAGRANCE ASSOCIATION FOUNDATION REG. CHARITY #13374 0316 RR0001

JOHN D. QUOC CHINESE MEDICINE,
Acupuncture & Massage Clinic

JOHN. D. Quoc DTCM., C.A.c., D.A.c., B.S.c., B.P.h., D.N., D.O.
• Over 30 years clinical experience & research • Disposable Needles •
Dr. of Acupuncture Specialist • Pharmacist • Osteopath • Naturopath • Massotherapist
Former Professor at Saigon Medicine/Pharmacy University, Vietnam

FREE CONSULTATION

RECOMMENDED FOR:

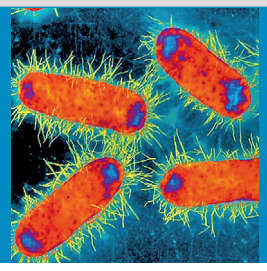
Kidney Stones, Sciatica, Frozen Shoulder, Facial Paralysis, Tennis Elbow, **Fybromyalgia,** Whiplash, Arthritis, Crohn's Disease, Insomnia, Allergic Rhinitis, **Migraine,** Asthma, Hypertension, Diabetes, Gastritis, Chronic Fatigue, **Back Pain,** Stroke, Heart Problems Impotence, Menopausal Syndrome, Depression...etc.

Vanier Medical Centre 292 Montreal Rd., Vanier
613 263 0063 • 613 276-7750

Shearing released on four-hour escorted pass

The family of the victims of killer David Shearing say they were shocked to learn the convicted murderer has been granted a four-hour escorted pass from the Bowden Institution, near Red Deer, Alberta. The National Parole Board has refused to explain the reason for the leave from jail, CBC News Online reports. CBC NEWS ONLINE

Canada



Finger pointing in E. coli outbreak

A produce supplier may be the source of an E. coli outbreak in southwestern Ontario, according to regional health authorities who say the number of cases continues to climb. While the investigation continues, no supplier has yet been identified, CBC News Online reports. As of Monday, there were 24 confirmed cases and 64 suspected cases in Niagara, Halton, Guelph and Waterloo. Many of those cases tested positive for the same strain of E. coli 0157:H7. CBC NEWS ONLINE

Meeting with auto giants set

Premier Dalton McGuinty will meet next week with auto industry officials to discuss the "significant" bailout package he's seeking for them from Ottawa.

Dalton McGuinty

Details of next week's meeting with the auto officials are still being worked out, but sources said yesterday it is a top priority for McGuinty, who wants to hear what the manufacturers need to get motoring again.

North American automakers General Motors, Ford and Chrysler will be invited to the "listening meeting," along with top brass from Toyota and Honda, Japanese-based companies that also manufacture vehicles in Ontario.

Although it has been suggested that GM, Ford and Chrysler need a $4 billion infusion in Canada, the premier has insisted it's too early to calculate a price tag.

"I just don't want to put a figure on it. I gather that it will be significant. We can, in fact, turn this sector around, but they're going to need a little bit of a shot in the arm to keep going," McGuinty said, after a meeting with Prime Minister Stephen Harper and provincial and territorial leaders.

TORSTAR NEWS SERVICE

Halifax **New age veterans**

RYAN TAPLIN/METRO HALIFAX

Members of the Canadian UN/NATO Veterans Military Group attend the Remembrance Day ceremony at the Grand Parade in Halifax yesterday. The group, who says it doesn't fit in with the Legion crowd, was formed to represent younger veterans who wanted a way to network. The group, started a year ago by a Quebec man and now boasting over 300 members, says that while they wear biker style jackets, that riding a motorcycle is not a requirement of joining the club.

Breastfeeding spat erupts in Toronto

POOL Toronto-area mother Cinira Longuinho, wants Ontario's Human Rights Commission to investigate why she was asked to leave the water Oct. 24 while breastfeeding her 20-month-old daughter Camilla on the steps of a community pool.

The pool owner Ellie Karkouti — pregnant herself — has said that she has no objection to breast feeding, just not in the pool.

TORSTAR NEWS SERVICE

News in brief

POLYGRAPH Halifax Mayor Peter Kelly says the city is reviewing its use of the polygraph in police and fire department hires, after finding out candidates are asked intrusive questions about their sexual practices.

METRO NEWS SERVICES

To compete with the big boys

We have to offer you more

HI-PERFORMANCE DUO

HOME PHONE Service

Keep your phone number

Free long distance calls to other Distributel Home Phone subscribers

Call display ✓ INCLUDED
Call waiting ✓ INCLUDED
Speed dial ✓ INCLUDED
Voicemail ✓ INCLUDED
Call forwarding ✓ INCLUDED
3-way calling ✓ INCLUDED

High-speed INTERNET

Fast, reliable service
Unlimited data transfer

Only $39.95 per month

We are the alternative

DISTRIBUTEL
20th Anniversary

www.distributel.ca 1 877 906-1112

Certain conditions apply. Service available where technology permits. Rate based on a 12-month commitment. Promotional price of $39.95 per month for the first 3 months and $56.90 thereafter. 911 service: the 911 service provided by Distributel differs in a number of important ways from traditional 911 or E911 dialing available with most traditional telephone services and has specific limitations relative to Enhanced 911 (E911).

Taxi driver charged with assault

A Surrey, B.C., taxi driver is facing a charge of assault with a weapon after a teen, who allegedly fled the cab without paying his fare, was struck by the taxi. The 61-year-old driver is scheduled to appear in court on Nov. 21. METRO CANADA

News in brief

CANCER Alberta's New Democrats have renewed calls for the province to act quickly in testing people in an aboriginal community for toxins. Leaders in the community of Fort Chipewyan, 280 kilometres north of Fort McMurray — and downstream of its oilsands projects — say a study by the Alberta Cancer Board into cancer rates in the area isn't going to be as comprehensive as promised. Leaders say they are rejecting the report, even though it has yet to be released.

LIBERALS Toronto MP Martha Hall Findlay, one of the stars of the last Liberal leadership contest, announced yesterday that she won't be running to replace Liberal Leader Stéphane Dion, a decision that makes it increasingly unlikely that a woman candidate will be on the ballot when Liberals pick their new leader next May in Vancouver.

HATE CRIME A lesbian couple in Oshawa, Ont., who were allegedly assaulted by a man because of their sexual orientation want the assault charges against him upgraded to a hate crime, CBC News Online reports. Oshawa resident Mark Scott, 43, is facing two counts of assault causing bodily harm.

METRO NEWS SERVICES

Honouring veterans

Special service for Chinese-Canadian soldiers held in Vancouver

KRISTEN THOMPSON
Metro Canada

For some spectators, the Remembrance Day ceremony in Vancouver's Chinatown yesterday was more than a chance to pay respect to the nation's soldiers — it was a history lesson.

Amanda Lam, 16, who attended the ceremony with her brother, said she didn't realize Chinese-Canadians fought in the Second World War.

"It makes me feel good to know (they) participated," she said, adding that the event will let more people know the role her ancestors played.

"It makes me proud," she said.

Around 100 people gathered at Chinatown Square to recognize all Canadian soldiers, but more specifically Chinese-Canadian and First Nation veterans.

Vic Nordquist, 75, who served in the Canadian Air-

RAFE ARNOTT/METRO CANADA

Chinese-Canadian veterans stand at attention during the playing of a Scottish lament during yesterday's Remembrance Day ceremony in Vancouver's Chinatown.

force, took part in the ceremonies at Victory Square and Chinatown Square.

"It's important that people, (especially) young people, recognize what these veterans did during the Second World War," he said.

"They played a very significant role in that war and in British Columbia itself. (Many) things (young people) have today are due to those veterans."

Tung Chan, CEO of immigrant services organization SUCCESS, said Chinese-Canadian veterans and pioneers fought for the values and freedoms Canadians pride themselves on today.

"Those pioneers and soldiers who dedicated their lives to serve the ideals of Canadian society and those who are serving us now, we offer our respect and sincere gratitude," he said.

Incubation benefits shock researchers

HEALTH Maternity ward incubators may be warming up a baby's later outlook on life as well as its tiny body, a University of Montreal study says.

In findings that shocked researchers, the study of 1,212 children followed through to adulthood found that babies needing incubator time as newborns are two to three times less likely to be depressed when they grow up.

The study, published this week in the journal Psychiatry Research, looked at a larger study of Quebec kindergarten children launched in 1986 that took data on their birth circumstances.

It found that infants who needed an incubator stint were far less likely to suffer clinical depression when assessed at 15 and 21 years of age. Some 16.5 per cent of subjects had been placed in incubators as babies. Only five per cent of these infants later developed depression, compared to nine per cent of those who hadn't needed the devices.

TORSTAR NEWS SERVICE

Our customers win, win, win…

Highest in Customer Satisfaction based on the following 6 categories

✓ Transaction experiences
✓ Account set-up and product offerings
✓ Facility
✓ Fees
✓ Account statements
✓ Problem resolution

J.D. Power and Associates has ranked us "Highest in Customer Satisfaction Among the Big Five Retail Banks Three Years In A Row." So to all our customers who once again named us the greatest, and to all our employees who make us the greatest every day, thank you.

Thanks from your Bank.

Call 1-800-436-3333, visit www.tdcanadatrust.com or go to a branch – we're open 8 'til late six days straight.

TD Canada Trust
Banking can be this comfortable

TD Canada Trust received the highest numerical score among the Big Five Retail Banks in the proprietary J.D. Power and Associates 2006-2008 Canadian Retail Banking Customer Satisfaction Studies℠. 2008 study based responses from 10,823 retail banking customers measuring 5 banks. Proprietary study results are based on experiences and perceptions of consumers surveyed in March-April and June-July 2008. Your experiences may vary. Visit jdpower.com.

Ski club files for bankruptcy
Exclusive ski and golf community Yellowstone Club, in Montana, has filed for bankruptcy protection, a sign that the financial crisis roiling the real estate and leisure industries is not limited to the low end of the market. **REUTERS**

World

Victoria's Secret being sued

The secret is out for one of the world's most recognizable lingerie brands, according to a potential class action lawsuit in which consumers claim they've experienced very uncomfortable symptoms, like rashes, hives and permanent scarring from Victoria's Secret bras, ABC News reported. "I had the welts ... very red, hot to the touch, extremely inflamed, blistery. It itched profusely," said Roberta Ritter, who describes herself as a longtime Victoria's Secret shopper. **METRO NEWS SERVICES**

Obama bolsters web presence

INTERNET Barack Obama had a brigade of web denizens backing his election, from comedy star Obama Girl to throngs of young voters, and now they are clamoring for the Internet to play a big role in his presidency.

Early in his transition to the White House, the Democratic president-elect seems to be complying, and his actions could signal a change in the way U.S. citizens expect their political leaders to communicate with them in the future, experts said.

Obama, who has become the first president-elect with a MySpace page, has bolstered his online presence since last week's election by creating a site called change.gov.

REUTERS

Congo violence hurts kids

Displaced children vulnerable to disease, exploitation: UNICEF

Packed into squalid refugee camps or roaming in the bush, hundreds of thousands of Congolese children face hunger, disease, sexual abuse or recruitment by marauding armed factions, aid workers said yesterday.

Weeks of violence have forced more than 250,000 people from homes or ramshackle camps where they had taken shelter, bringing to over 1 million the number of internal refugees from years of fighting in Democratic Republic of Congo's North Kivu province.

Most are children.

"North Kivu is quite possibly the worst place to be a child. There is no question that children have been the most severely affected by the recent conflict," said George Graham, spokesman for Save the Children in the provincial capital, Goma.

FINBARR O'REILLY/REUTERS

A girl displaced by fighting stands in a refugee camp at Kibati in eastern Congo yesterday.

Fighting between Tutsi rebels and pro-government troops and militia fighters has subsided into sporadic clashes in recent days as African leaders staged summits and leant on both sides to avert a repeat of Congo's devastating 1998-2003 regional war.

"When children flee fighting they become more vulnerable to contracting diseases, to becoming malnourished, and vulnerable to predators like sexual abuse, exploitation, violence and recruitment into armed groups," U.N. Children's Fund (UNICEF) spokesman Jaya Murthy told Reuters in Goma.

Sixty per cent of the 1.1 million displaced are children, he said. "We estimate that there's around 2,000 to 3,000 children in armed groups and recruitment is going on right now."

"This has been a silent emergency for children for the last five years, only now it is re-exploding — again."

REUTERS

4,000-year-old pyramid found

DISCOVERY Egyptian archaeologists have discovered a pyramid buried in the desert and thought to belong to the mother of a pharaoh who ruled more than 4,000 years ago, Egypt's antiquities chief said yesterday.

The pyramid, found about two months ago in the sand south of Cairo, probably housed the remains of Queen Sesheshet, the mother of King Teti, who ruled from 2323 to 2291 BC and founded Egypt's Sixth Dynasty, Zahi Hawass told reporters. **REUTERS**

News in brief

LIMITS Russian President Dmitry Medvedev asked lawmakers on Tuesday to approve a draft law extending the presidential term of office.

REUTERS

...and win again.

Award winner in all 11 categories*

- ✓ Customer Service Excellence
- ✓ Value for Money
- ✓ Recommend to Friends & Family
- ✓ Values My Business
- ✓ Products & Services Excellence
- ✓ Interest Rates & Service Charges
- ✓ Financial Planning & Advice
- ✓ Branch Service Excellence
- ✓ ATM Banking Excellence
- ✓ Online Banking Excellence
- ✓ Telephone Banking Excellence

synovate Best Banking 2008

TD Canada Trust was recognized as a winner within all 11 categories of the Synovate Best Banking Awards 2008 among the Big 5 Banks, placing us first for Customer Service Excellence for the fourth year in a row. So to all our TD Canada Trust customers who once again named us the greatest, and to all our employees who make us the greatest every day, thank you.

Thanks from your Bank.

Call 1-800-436-3333, visit www.tdcanadatrust.com
or go to a branch – we're open 8 'til late six days straight.

TD Canada Trust
Banking can be this comfortable

*TD was recognized for excellence among the Big 5 Banks for all 11 categories of the Synovate Best Banking Awards 2008. The Synovate Customer Service Index (CSI) 2008 survey was conducted with a total of 124,000 demographically and regionally representative Canadians. The Best Banking Awards for 2008 were based on the cumulative total of 35,000 responses for the year ending August 2008. The CSI survey has been conducted since 1987.

LOCAL
Publisher, C. Dave Kruse
Managing Editor, Derek Gordanier
Marketing Manager, Ian Clark
Distribution Manager, Bernie Horton
NATIONAL
Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
Art Director, Laila Hakim
National Sales Director, Susan Courtney
Interactive Director, Jodi Brown

Comment & Views

Comment

Addressing an elephant

Various failures at national reconciliation have left us comatose

TheWestView

Paul Sullivan
Journalist & media consultant

A lot of ink has been spilt on the failure of the recent Canadian election to match the sizzle of the U.S. presidential race.

The consensus seems to be: The U.S. election was historic; the Canadian election was, at best, histrionic. And if you watched the candidates all screeching at each other in that ridiculous travesty of a televised debate, you'd have a hard time disagreeing.

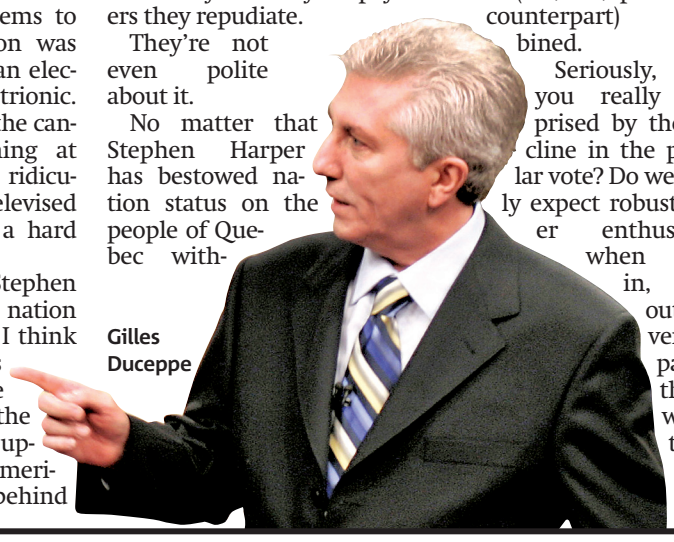
But as I watch Stephen Harper govern the nation virtually by default, I think it's time to address the elephant in the room. Simply put, the U.S. election was so uplifting because the American people united behind Barack Obama, if only for a brief, shining moment.

Here in Canada, the Bloc Québécois increased its number of seats to 49 from 48.

I mean, really, what kind of country allows a separatist party to hold the balance of power? In other countries, separatists meet at night in clandestine locations, identifying each other by the secret handshake. Here, they put up lawn signs and get fat pensions funded by the very taxpayers they repudiate.

They're not even polite about it.

No matter that Stephen Harper has bestowed nation status on the people of Quebec without any of the attendant responsibility — I can only assume chief Blochead Gilles Duceppe will continue his truculent demands long after the only establishments flying the Canadian flag in Quebec are the hotels.



Gilles Duceppe

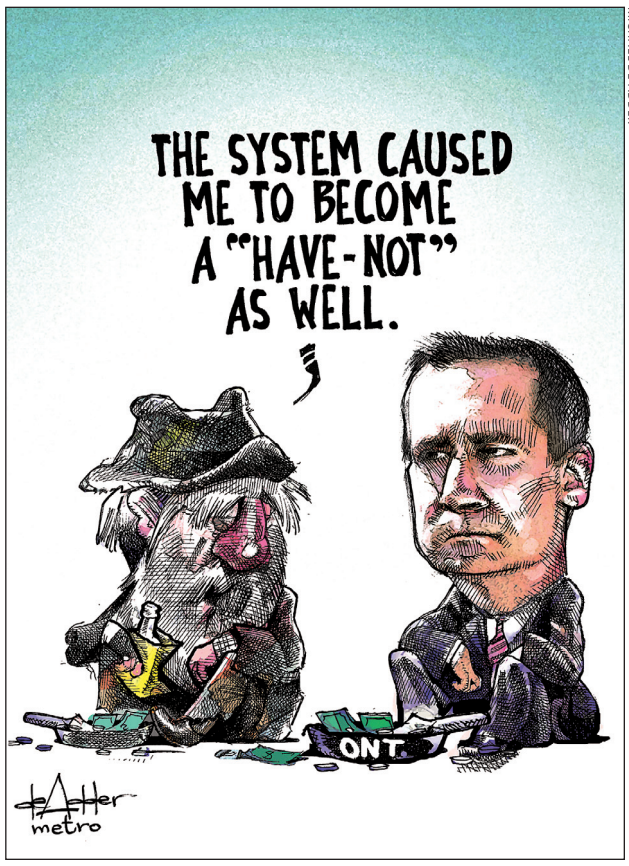
Don't get me wrong. I'm not opposed to Quebec sovereignty if that is the will of the people. But in my darker moments, I suspect I'm more willing to see Quebec fly on its own than Gilles Duceppe and Pauline Marois (his, uh, provincial counterpart) combined.

Seriously, are you really surprised by the decline in the popular vote? Do we really expect robust voter enthusiasm when year in, year out, the very party that wants to break the country in half controls the balance of power? How can we move forward as a nation when the representatives of a huge part of the nation are determined to go the other way?

My apologies for bringing up the old bugaboo of national unity. But our various failures at national reconciliation have made us comatose, which appears to be the ideal condition for the permanent infestation of Parliament by the Bloc Québécois, a daily reminder that any enthusiasm we have for Canada is misplaced, jejune, just plain wrong.

I yearn for a Barack Obama who can bring us all together. But failing that, at the very least, I hope that the prime minister of Canada will finally begin to stand up to the presence — in his own Parliament — that thrives on keeping us apart.

Paul Sullivan is a Vancouver-based journalist, owner of Sullivan Media consulting, and editor-in-chief of Orato.com, the citizen news website.



MICHAEL DE ADDER

Word on the street: In tough economic times, what's the one luxury you can't give up?

Monica Prosser
age 20, Ottawa

A: Coffee. It's the one thing that makes me happiest in the morning.

Dominik Verville
age 34, Hull

A: It's expensive, but the one thing I can't give up easily is driving.

Jessica Bruno
age 20, Ottawa

A: Entertainment, because something has to keep me laughing while the economy goes downhill.

Carolyn Bennett
age 28, Toronto

A: The LCBO. It's a sad answer but it's true. Because wine helps you relax, particularly in tough economic times and helps you unwind.

Lisa Per
age 36, Vancouver

A: Fresh organic food. I would keep spending my money on fresh food and vegetables. Choosing a healthier option, even if it's more expensive, it's worth it.

metro life panel

Metro Life Panel

Results from the Canadian Metro Life Panel:

Daily cup of coffee: 19%
Dining out: 12.4%
Driving: 30.2%
Entertainment (movies, going out): 16.5%
Other: 10.9%
None of the above: 11.1%

Letters

Nicholas J. Varmazis

Re: In memory of duty done (Nov. 7)

I am a World War II veteran and a member of the Royal Canadian Legion. I read Rick McGinnis' article about Remembrance Day and found the story interesting and moving.

He wrote, however, at one point, when his father joined, only Britain and the Commonwealth countries were fighting the Axis powers. This is not true. Greece was on the side of the Allies at that time, fighting the invading Italians and winning.

Actually, this was the first land victory for the Allies in World War II.

John Cartwright, TORONTO

Re: The answer is blowin' in the wind (Nov. 10)

Drs. Suzuki and Faisal are right on the money. The main reason Canadians have not yet done anything significant to stop climate change is political will.

Governments are supposed to represent the will of us — the people who get to elect them — in the way we choose to organize ourselves as a society.

Why is this important? Because there are currently two major problems worrying Canadians: The rapid disappearance of good jobs that are the backbone of a decent quality of life, and global warming with its frightening changes to our natural environment.

Stopping climate change is the crisis of our time and we have a choice. We have to start now to do the work that should have begun 10 years ago — demanding that governments stop subsidizing polluting energy and instead invest in renewable energy infrastructure. It's not good enough to sit back and watch as the good jobs continue to disappear while others prepare their economies for the 21st century.

METRO Ottawa
130 Slater Street, Suite 300
Ottawa, ON K1P 6E2
Tel: 613-236-5058
Toll free: 1-888-916-3876
Fax: 1-866-253-2024
Advertising: 613-236-5058
adinfoottawa@metronews.ca
ottawa_distribution@metronews.ca
News: derek.gordanier@metronews.ca
NAD bank Newspaper Audience Databank Inc.

It's your turn to tell others what you think. E-mail your thoughts and opinions to: ottawaletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Is the Florida honeymoon over?
A dramatic drop in the loonie has U.S. realtors worried Canadian buyers will be staying home for the winter. Canadians were the top foreign purchasers between May 2007 and May 2008, accounting for 23.6 per cent of all purchases. **TORSTAR NEWS SERVICE**

Business

DOLLAR
0.59¢ | C$ 82.99¢ US | US$ $1.2050

OIL
$59.33 US | $3.08

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Business in brief

ONLINE Google Inc. added a free Web-based voice and video chat feature to its Gmail email service yesterday, launching a service that competes with the likes of EBay's Skype.

AUTOS General Motors' shares fell to a 65-year low of $2.92 US yesterday on concerns the company might run out of cash by early next year. Shares of other automakers and parts suppliers fell too. **REUTERS**

Italy **Airline staff protest**

REUTERS/MAX ROSSI

Passengers walk with their luggage in front an advertisement banner reading Fiumicino flights at the Fiumicino International airport in Rome yesterday. Dozens of Alitalia flights were cancelled for a second day yesterday after staff protested against a company takeover by a business consortium.

Bankruptcies poised to rise

There will be a steady upward march in personal and business bankruptcy filings in Canada as overspending and falling home prices catch up with individuals and as a slowing economy hurts businesses, experts in the field say.

"We're definitely seeing an increase (in calls), I think that people are caught, they've been living on credit," said Linda Stern, vice-president of personal restructuring services at Deloitte & Touche Inc. in Toronto.

Stern estimates her office is working on 30 per cent more filings — actual bankruptcies or proposals to pay off a portion of debt — than this time last year.

Her colleague, Rebecca McKinley, a trustee at Deloitte in Windsor, Ont., said her office is dealing with about 17 per cent more bankruptcies than last year.

"In the past year I have seen more and more instances of people who cannot afford their mortgages," while their house values also dropped, McKinley said. **REUTERS**

By the numbers

In Canada, total bankruptcies in September jumped 28.4 per cent from the same month a year earlier. Individual bankruptcies were up nearly 30 per cent nationwide, and businesses also posted a 9 per cent increase.

BDO BDO Dunwoody Limited
Debt Worries?
We'll help you find the right solution to alleviate financial stress.
BDO. Helping Canadians for more than 45 years. bdodebthelp.ca
Locations throughout Ottawa
613 235-5225
Trustee in Bankruptcy - Credit Counsellors - Proposal Administrators

Stable Growing Company
18 IMMEDIATE OPENINGS
Want to join a dynamic team!!
People that are hard workers
Motivated and have a good attitude
Avg $20/hr - up to $1000/wk And more
NO EXPERIENCE REQUIRED
$500 TRAINING INCENTIVE
Weekly bonuses, contests and HUGE incentives
Lots of advancement opportunities
To Qualify And For More Info Call
613-321-4279

The Comwave Guarantee
No Matter Where You Call, No Matter What You Pay, Comwave Will Beat It... Guaranteed!
Even if you are paying less, call us and we'll beat it... GUARANTEED!
Limited Time Offer
Call Now And Get $25
Free Long Distance To Anywhere In The World
Africa
KENYA from 6.9 ¢/min | SOMALIA 49.9 ¢/min
Algeria.....7.9 ¢ Nigeria from.....6.9 ¢
Angola.....14.9 ¢ Niger.....13.9 ¢
Libya .....24.9 ¢ South Africa 7.9 ¢
Morocco. .....18.9 ¢ Sudan.....12.9 ¢
Latin America
ECUADOR 12.9 ¢/min | CUBA 85 ¢/min
Haiti.....16.9 ¢ Bolivia from..... 6.9 ¢
Honduras..... 15.9 ¢ Chile..... 2.9 ¢
Panama from..... 3.9 ¢ Colombia from..... 3.9 ¢
Uruguay... .....7.9 ¢ Dominican Rep..6.9 ¢
Venezuela.....2.9 ¢ Mexico. from.....2.9 ¢
Middle East
JORDAN 4.9 ¢/min | LEBANON 9.9 ¢/min
Bahrain.....5.9 ¢ Kuwait.....6.9 ¢
Egypt.....14.9 ¢ Oman.....17.9 ¢
Iran. from.....3.9 ¢ SaudiArabia from.3.9 ¢
Iraq. from.....4.9 ¢ Syria.....18.9 ¢
Israel.....2.9 ¢ U.A.E.....19.9 ¢
South Asia
INDIA 6.9 ¢/min | PAKISTAN 5.9 ¢/min
Bangladesh from.....3.9¢
Bhutan ..... 15.9¢
Maldives ..... 14.9¢
Nepal from.....7.9¢
Sri Lanka..... 11.9¢
Afghanistan..... 24.9¢
Call Long Distance Even From Your Cell Phone
No need to cancel your service provider.
$10 Free Long Distance for every friend
No Contracts
$5 /month Unlimited Calling To Anywhere In Canada
You can even call from your cell phone!
Fully Featured Home Phone Lines
2 Great Plans
Enhanced $14.95 Unlimited Local Calling
One Rate $29.95 /month Unlimited Long Distance to Canada and USA
Caller ID
Voicemail
Call Forwarding
Call Waiting
Keep Your Existing Phone Number
Free Comwave-to-Comwave Calls WORLDWIDE!
And Much More!
Call Now And Get One Month Of Phone Service FREE
comwave
613-216-6100
www.comwave.ca
Home Phone Lines: * Terms and conditions apply. VoIP 911 has certain limitations versus traditional 911. The rate of 514.95 is based on a 2 year term. † The option to keep your existing phone number may not be available in all areas. Long Distance: Comwave guarantees to match or beat your rate today and forever. Rate Guarantee is based on competitors' lowest advertised rate or written quote for like services. Terms and conditions apply. Please see www.comwave.ca for full details. Calls to overseas mobile phones may be billed at a higher rate. ‡The $25 coupon will be mailed and must be returned for credit to be applied to account. 1 year term required. ‡ Credit for monthly fee will be applied to third month's invoice. Unlimited Canada does not include calls to the Yukon and N.W.T. The Comwave Global Bundle does not include calls to overseas mobile phones. Calls to Argentina on this bundle are to Buenos Aires. Calls to Brazil on this bundle are to Rio De Janeiro and Sao Paolo. Calls to Mexico on this bundle are to Mexico City and Monterrey. Calls to Russia on this bundle are to Moscow and St. Petersburg.

St. Pierre to fight The Prodigy

Canadian Georges St. Pierre will defend his UFC welterweight championship against lightweight champion B.J. (The Prodigy) Penn at UFC 94 on Jan. 31 in Las Vegas, the UFC confirmed yesterday. METRO NEWS SERVICES

Sports

Lincecum takes NL Cy Young

The San Francisco Giants' Tim Lincecum won the National League Cy Young Award by a comfortable margin yesterday, taking home pitching's highest honour in only his second major league season. The 24-year-old right-hander was 18-5 with a 2.62 ERA and a major league-best 265 strikeouts in 2008.

METRO NEWS SERVICES

SPORTS@METRONEWS.CA

Hargreaves done for season

SOCCER Manchester United and England midfielder Owen Hargreaves has been ruled out for the rest of the season because of a knee injury, the Premier League champions said yesterday. The Calgary-born Hargreaves underwent successful surgery on his right knee and will have surgery on his left knee in two weeks' time after being troubled by tendinitis since arriving at Old Trafford in July 2007. The 27-year-old former Bayern Munich player has started just two matches this season. He began less than half of last term's games but did play in United's Champions League final win over Chelsea.

Hargreaves

REUTERS

Higgins, Price stone Senators

NHL RESULT

Senators 0 Canadiens 4

VS

MIKE BEASLEY
for Metro Ottawa

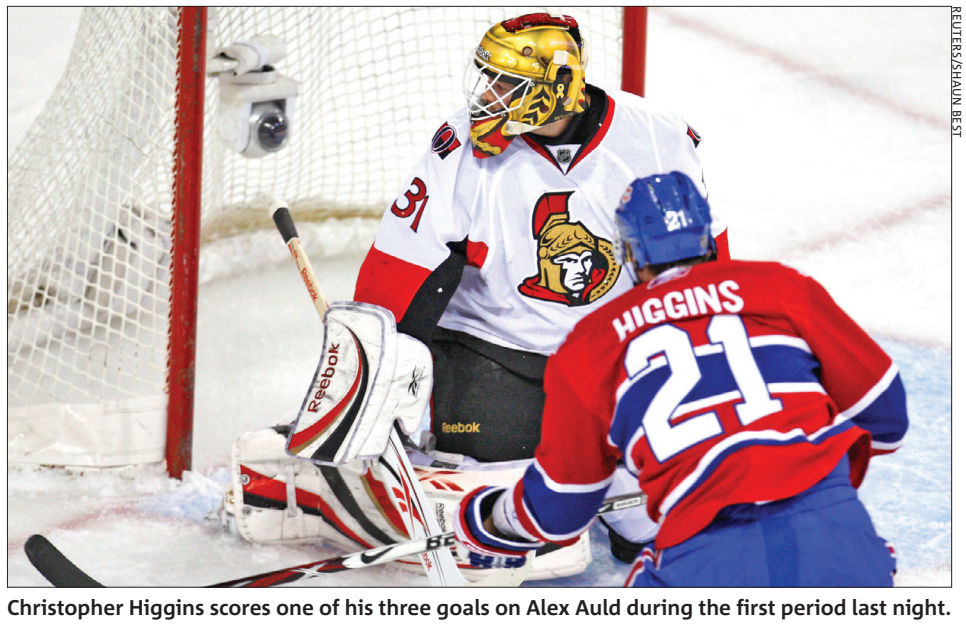
THE SKINNY: The Montreal Canadiens were led by a three goal night by Christopher Higgins and a shutout performance by goaltender Carey Price as the Habs knocked off the Ottawa Senators 4-0.

THE QUOTE: **"It was our best game this year and probably our best performance in two years,"** said Montreal head coach Guy Carbonneau. **"We were focused, motivated and played with enthusiasm all night."**

THE DOUGHNUT: Price was perfect, stopping 28 Ottawa shots as he earned his first shutout of the season and fourth of his young NHL career. Price has back to back shutouts over Ottawa dating back to the last season.

THE NAIL IN OTTAWA'S COFFIN: Montreal scored twice in a span of 1:28 in the second period to triple their lead to 3-0. Higgins notched his second of the evening at 14:11 with Guillaume Latendresse potting one 88 seconds later.

THE HAT TRICK: Higgins picked up his first three goal game as he scored the first, second and fourth markers for the Habs.



REUTERS/SHAUN BEST

Christopher Higgins scores one of his three goals on Alex Auld during the first period last night.

THE NEXT GAME: After playing their last two games on the road the Senators return home tomorrow to face the New York Islanders at Scotiabank Place.

SCOREBOARD

NHL

LAST NIGHT'S RESULTS
Montreal 4 **OTTAWA 0**
Philadelphia 3 N.Y. Islanders 1
Pittsburgh 7 Detroit 6 (OT)
Toronto at Calgary
Dallas at Los Angeles
Nashville at San Jose

TONIGHT'S GAMES
St. Louis at Buffalo
N.Y. Rangers at New Jersey
Washington at Carolina
Phoenix at Columbus
Tampa Bay at Florida
Boston at Chicago
Colorado at Vancouver

TOMORROW'S GAMES
N.Y. Islanders at **OTTAWA**
Toronto at Edmonton
Montreal at Boston
Philadelphia at Pittsburgh
Detroit at Tampa Bay
Phoenix at Minnesota
Los Angeles at Dallas
Calgary at San Jose

NBA

LAST NIGHT'S RESULTS
Cleveland 99 Milwaukee 93
Denver 88 Charlotte 80
Utah 93 Philadelphia 80
Atlanta at Chicago
New York at San Antonio
L.A. Lakers at Dallas
Detroit at Sacramento
Minnesota at Golden State

TONIGHT'S GAMES
Philadelphia at Toronto
Indiana at New Jersey
Atlanta at Boston
Utah at Washington
New York at Memphis
Orlando at Oklahoma City
San Antonio at Milwaukee
Portland at Miami
L.A. Lakers at New Orleans
Houston at Phoenix
Sacramento at L.A. Clippers

NFL

STANDINGS

AMERICAN CONFERENCE

EAST DIVISION

	W	L	T	PCT
New England	6	3	0	.667
N.Y. Jets	6	3	0	.667
Miami	5	4	0	.556
Buffalo	5	4	0	.556

SOUTH DIVISION

	W	L	T	PCT
Tennessee	9	0	0	1.000
Indianapolis	5	4	0	.556
Jacksonville	4	5	0	.444
Houston	3	6	0	.333

NORTH DIVISION

	W	L	T	PCT
Pittsburgh	6	3	0	.667
Baltimore	6	3	0	.667
Cleveland	3	6	0	.333
Cincinnati	1	8	0	.111

WEST DIVISION

	W	L	T	PCT
Denver	5	4	0	.556
San Diego	4	5	0	.444
Oakland	2	7	0	.222
Kansas City	1	8	0	.111

NATIONAL CONFERENCE

EAST DIVISION

	W	L	T	PCT
N.Y. Giants	8	1	0	.889
Washington	6	3	0	.667
Dallas	5	4	0	.556
Philadelphia	5	4	0	.556

SOUTH DIVISION

	W	L	T	PCT
Carolina	7	2	0	.778
Tampa Bay	6	3	0	.667
Atlanta	6	3	0	.667
New Orleans	4	5	0	.444

NORTH DIVISION

	W	L	T	PCT
Chicago	5	4	0	.556
Minnesota	5	4	0	.556
Green Bay	4	5	0	.444
Detroit	0	9	0	.000

WEST DIVISION

	W	L	T	PCT
Arizona	6	3	0	.667
Seattle	2	7	0	.222
San Francisco	2	7	0	.222
St. Louis	2	7	0	.222

MONDAY'S RESULT
Arizona 29 San Francisco 24

WEEK 11

TOMORROW'S GAME
N.Y. Jets at New England

SUNDAY'S GAMES
Denver at Atlanta
Oakland at Miami
Chicago at Green Bay
Baltimore at N.Y. Giants
Houston at Indianapolis
Detroit at Carolina
New Orleans at Kansas City
Philadelphia at Cincinnati
Minnesota at Tampa Bay
Arizona at Seattle
St. Louis at San Francisco
San Diego at Pittsburgh
Tennessee at Jacksonville
Dallas at Washington

MONDAY NOV. 17 GAME
Cleveland at Buffalo

CFL

SATURDAY'S GAMES

EAST CHAMPIONSHIP
Edmonton at Montreal

WEST CHAMPIONSHIP
B.C. at Calgary

Parker may play
Pittsburgh Steelers running back Willie Parker will return to practice today, and coach Mike Tomlin is optimistic Parker will play Sunday against the San Diego Chargers. Parker has played only once since spraining his knee Sept. 21 in Philadelphia. METRO NEWS SERVICES

Benevides shovelling off to T.O.?

YorkReport

marty.york@metronews.ca

A defensive co-ordinator who literally carries a shovel with him at team meetings in B.C. is a top candidate to become the new head coach of the Toronto Argonauts.

In fact, sources tell Metro that, if Michael (Pinball) Clemons rejects ownership's wish for him to leave the Argos' presidential office and return as head coach, Lions defensive co-ordinator Mike Benevides would be the club's leading choice. Benevides has served as an assistant coach in the CFL for the past nine seasons. This is his first season as the Lions' defensive co-ordinator and his unit has excelled, boasting seven divisional all-stars. The defence suffocated its opponents while upsetting the Roughriders at last Saturday's Western semi-final, and Saskatchewan quarterback Michael Bishop wound up being cut this week.

Should the Lions upset the Calgary Stampeders in the Western final this Saturday — B.C. is a six-point underdog — Benevides would become an even hotter commodity. The Stamps, after all, feature an explosive offence, including the CFL's most productive running back (Joffrey Reynolds) and most productive receiver (Ken-Yon Rambo).

"Pick your poison – lethal injection, firing squad or electrocution. You're dead either way."
Cameron Wake

Benevides is a Toronto native, incidentally. He studied business at York University, as did Argos co-owner David Cynamon. Benvides also is a workaholic, as he told interviewer Christie Buono (yes, the daughter of Lions head coach Wally Buono) at B.C.Lions.comTV. He said he arrives at the Lions' headquarters daily at 3 a.m. and works till about 7 p.m.

Oh, and about the shovel. Sources say he keeps it handy to remind his players they need to keep digging. Call it a motivational tool, I guess.

• You were warned in this space Oct. 22 about the possibility of an all-Alberta Grey Cup in Montreal Nov. 23.

Well, Calgary and Edmonton need only to win their Saturday games from making this highly unlikely matchup a reality, although the Eskimos are six-point underdogs against the Alouettes for the Eastern final in Montreal.

And when the Esks last visited the Als, on Sept. 21, they were annihilated 40-4. And, oh yes, the Esks allowed six sacks.

Edmonton head coach Danny Maciocia is denying the Sept. 21 game took place. Call it a motivational tool, I guess.

• The Stamps swept B.C. in three games this season, averaging 35 points and 445 yards.

That, however, isn't preventing Lions sackmaster Cameron Wake from predicting a B.C. upset on Saturday.

"We don't think nobody can stop us, that's how we feel," Wake said. "It doesn't matter what you do and what scheme it is. Pick your poison — lethal injection, firing squad or electrocution. You're dead either way."

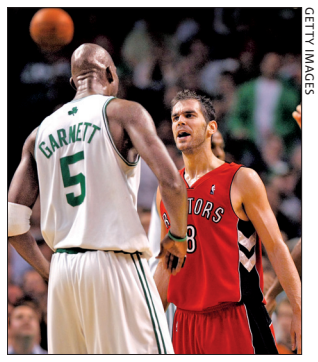
Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Not a stretch

• A new University of Nevada study debunks traditional views about stretching, claiming certain stretches before exercising may actually reduce performance and safety instead of enhancing them. For details, visit rehabpub.com.

Raptors learning on fly

All mistakes are not created equal. While fully admitting that inopportune gaffes pop up every now and then — some costly enough that they affect the outcome of games — the Raptors also fully admit they're OK with the mistakes as long as they don't become habits.



GETTY IMAGES

Jose Calderon has words with Kevin Garnett during Monday's loss in Boston.

"It's different things and that's encouraging about the whole situation," Chris Bosh said yesterday. "It's not the same mistakes over and over."

Coach Sam Mitchell agrees the mistakes are popping up but they are correctable through practice and experience. But he won't go as far as pointing to specifics, especially in light of Monday's loss in Boston when Paul Pierce exploded for 24 points in the final quarter of a comeback Celtics' win.

Bosh was a bit more forthcoming, although he limited his discussion to himself while defending his coach.

"It's just recognizing personnel," said the power forward. "If we know we have a non-shooter, we can help a little bit more. It's just knowing things that (Mitchell) can't help us with, that he can't teach us how to do while we're out there."

Bosh not getting a basket in the fourth quarter of a tight game has a lot to do with it.

"That goes back to what I've been saying all along, I have to do a better job of imposing my will, no matter what the defence is doing," he said. "I have to get to the ball and get to where I'm most effective on the court.

"I'll make sure that I take that into mind the next time and I'll know what to do." TORSTAR NEWS SERVICE

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication treatment for depression. The purpose of the study is to further our knowledge about the treatment of depression. Treatment duration is approximately 8 weeks and includes a physical exam, blood tests and a psychiatric interview. A 52 week extension of continuing treatment will be offered to those completing the study and eligible for extension. All information provided will be treated in strictest confidence. To volunteer, you must be 18-70 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no significant drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed.	■	■
I am having difficult sleeping.	■	■
I am feeling low in energy and slowed down.	■	■
My appetite has changed.	■	■
I am experiencing feelings of guilt.	■	■
I have lost interest in work and pleasurable activities.	■	■
I feel hopeless about the future.	■	■
I feel tense and anxious.	■	■
I am having difficulty making decisions.	■	■
I am having trouble concentrating.	■	■

Ottawa Psychopharmacology Clinic
Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

Automotive

A METRO JOINT VENTURE WITH: carguide magazine.com

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

DBS: Licensed to thrill

Metro's global motoring editor lets it rip with Bond's new ride

EMMA E. FORREST
Metro World News

Emma E. Forrest test drives the Aston Martin DBS, the very same car driven by Daniel Craig in latest Bond movie Quantum of Solace.

MARK OBSTFELD/METRO WORLD NEWS

Unfortunately there are no rocket launchers in the new James Bond car. The Aston Martin DBS that Bond drives in Quantum of Solace, (in Quantum Silver of course), doesn't even have a defibrillator hidden in the glove-box like the last model.

In fact, the nearest thing to a Bond gadget are the B&O speakers that emerge from the dash when you start the ignition. Even the Jaeger-LeCoultre watch that remotely turns on the lights and unlocks the car is available to all real-world DBS owners.

Still, you can live without an ejector seat when the car's this fabulous. Several stunt Astons were trashed during the chase sequences for Quantum, but this DBS is one of just three 'hero' cars that were kept intact.

To fire it up, you need to engage what Aston calls the 'emotion control unit.' Sounds pretentious but that's what you're doing — plug this stainless steel and sapphire starter fob into the dash and your heart jumps as it lets rip a mighty, throaty roar.

To remind you of your sophisticated choice of vehicle, 'beauty power soul' appears on the speedo as the engine starts to rumble.

And while the handcrafted interior complete with piano black leather and solid aluminum is alluring, really it's the engine that's the star here.

With its menacing face and athletic rear haunches, this elegant car looks both macho and sophisticated, and the performance is the same.

A gentle nudge and James Bond's car is launching me through the country roads around Aston's factory in central England and with the close gears, I'm eagerly testing the car's cornering, which of course is immaculate. This car might look and feel heavy, but it's agile, and in its sports mode, it stiffens up like an adrenaline-pumping panther ready to go in for the kill.

You can't buy this car, of course, but you can own your own DBS if you want to drive like James Bond. Just don't forget that MI6 won't be picking up your bill if you dent it.

Aston Martin DBS

Price: from $293,400
0-100 kmph: 4.3 sec
Top speed: 307 km/h
Engine: 6 litre, V12
Fuel Consumption: 16.4 l/100 km

Top 3 Bond cars

Aston Martin DB5, Goldfinger, 1964
Features ejector seat, revolving license plates, slasher hubcaps, machines guns behind the headlights.

Lotus Esprit, The Spy Who Loved Me, 1977
Features missiles, torpedoes, underwater-driving mode.

Aston Martin V8 Volante, The Living Daylights, 1987
Takes on the Russians with missile launcher, rockets, hubcap-concealed laser and retractable tire spikes.

Read more about Bond cars at metronews.ca/ottawa/live/automotive

Toyota Tacoma may become your best friend

PHILIPPE CROWE
for Metro Canada

Toyota's Tacoma was given the nickname "Taco" by my colleagues shortly after arriving in our long-term fleet — a testament to how quickly Taco made friends. Like an easy-going buddy, a longtime comrade, it was always there, ready to help for any task at hand.

Our Tacoma was powered by a 4.0-litre, 24-valve, DOHC V6, with Variable Valve Timing with Intelligence (VVT-i) technology. Output sat at 236 hp at 5,200 rpm and 266 lb-ft of torque at 4,000 rpm, put to the ground through a five-speed automatic gearbox and a robust four-wheel drive system. In a traditional fashion, this 4WD setup offered the selection of 2-HI, 4-HI and 4-LOW electronically at the flick of a switch.

The Taco's V6 has the power needed to more than adequately carry out any of our staff's tasks, with the added benefit of requiring far less fuel than V8-powered competitors.

Parking this long truck was a lot easier than one might think, helped equally by the great view out the back, the Toyota's narrow design, and, mostly importantly, the wonderfully tight turning radius.

We sang the praise of the interior at length in previous instalments. Lots of useful cubbyholes, wonderful seats and a build quality that has all of us convinced this will not be a rattle trap after a few years of ownership — be they tough years or not.

Our mix of city and highway driving produced overall fuel economy numbers averaging between 13.2 and 14.5 L/100 km. Our final consumption figure over the 11,998 kilometres we put on the Tacoma (it came to us with 1,012 km on the odo) averaged 13.8 L/100km.

The Tacoma's combination of overall practicality and ease of use, as well as the comfort of the cabin makes this a great all-around vehicle.

2008 Toyota Tacoma

Type: Truck
Price: $40,470
Engine: 4.0-litre, 24-valve DOHC V6
HP: 236

Highlights

- Practical
- Quality interior
- Great visibility

less... blah blah blah more... ah
Where the buying experience is as good as new. gmoptimum.ca
GM Canada Optimum CERTIFIED USED VEHICLES

5-Door SE model shown, MSRP $16,270

The new incredibly fuel-efficient **2009 PONTIAC G3 WAVE.** That's right. No matter what you're driving right now, you're probably spending more time with the gas pump than you want to. Maybe you need to start hanging around with a G3 Wave. With 5.7L/100 KM on the highway and 7.9L/100 KM in the city[1], it's certainly not going to strengthen your relationship with the gas pump, but honestly, what did that old pump really do for you, anyway? The G3 Wave, on the other hand will give you an auxiliary audio input jack, five star rating for frontal impact[2], available side-impact airbags, optional OnStar® and the best coverage in Canada[3]. So go ahead, break old pumpy's heart. And never look back. **Cash Purchase Price at $9,995.***

PONTIAC G3 WAVE IGNITE THE FEELING pontiac.gm.ca

PONTIAC
BUICK
GMC
GM

*Cash purchase price reflects discounts only available with cash purchase price offer and not available for purchase financing or lease offers. Freight ($1225), licence, insurance, registration, PPSA, administration fees, duties and taxes not included. Dealers are free to set individual prices. See newspaper or your participating dealer for details. [1]When equipped with a 5-speed manual transmission, estimated 2009 ratings, based on GM testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary. [2]Equivalent Chevrolet Aveo model tested. US government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). [3]Whichever comes first. See dealer for limited warranty details.

Best eats

Zagat Survey has released the 2009 Europe's Top Restaurants guide. The guide covers 1,639 of the Continent's best eateries in 27 cities from Amsterdam to Zurich, based on the experiences of 16,829 savvy diners. METRO NEWS SERVICES

Travel

Best beaches

Dr. Stephen P. Leatherman, a.k.a. Dr. Beach named Caladesi Island State Park in Dunedin/Clearwater, Fla. as America's top beach of 2008. Hanalei Beach on Kauai, Hawaii took the No. 2 spot, and Siesta Beach in Sarasota, Fla. came in at No. 3.

METRO NEWS SERVICES

TRAVELDESK@METRONEWS.CA

Nassau: 3 days, 3 spas

Choose from an ocean-front Zen Garden, Bali-style luxury retreat or holistic spa with Bob Marley vibe

ANNE DIMON
for Metro Canada

The familiar melody of Bob Marley's best known tune, One Love, floats through a lovingly-groomed garden setting as I arrive at the Bahamas' newest resort and spa.

Opened in June, the 16-suite, oceanfront Marley Resort & Spa was once the family's vacation home, and it was the vision of Rita Marley, the late cultural icon's wife, to turn it into an upscale boutique resort complete with fine dining and an intimate spa called Natural Mystic — a name chosen from Marley's huge repertoire of songs.

The spa is small, with three treatment rooms, a wet area, outdoor lounge, locker room and a manipedi area, but it packs a big spa experience. I especially liked the couple's treatment room, with its own double bath, rain shower and private lounge, and the outdoor wet area — called Wata (the African word for "water") Passage — offering hot and cold plunge pools and semi-private Asian bath.

The vibe here is a fusion of African, Caribbean and Asian, with pretty much everything holistic and nature-inspired — including products made with natural ingredients. I had the Mocha Rum Wrap, and the therapist blended the ingredients — real Bahamian rum and all-natural local honey — right in front of me as I sat sipping a freshly-squeezed juice cocktail while more of Marley's feel-good music wafted through the air.

At the other end of the size scale, the luxurious Bali-inspired Mandara Spa at Atlantis offers 47 treatment areas at its two-level refuge from the mega resort's Vegas-meets-Disney environment. Rich dark woods, comfortable furnishing, water features and a prevailing sense of calm provide the yin to the yang of the bustling Atlantis casino.

From the spa's extensive menu of services I enjoyed the Lime and Ginger Body Scrub which turned out to be more of an impressively-administered full body treatment than a mere scrub.

For those looking for something extra special at Mandara, I'd recommend the Villa Bathing Rituals offered in a beautiful spa suite built for two, or the combination day packages with captivating names such as Cleito's Tropical Tryst and Poseidon's Awakening.

Somewhere in between the intimate and the grand is Red Lane Spa, the spa brand for Sandals Resorts. Shortly after settling into my butler-attended suite at the Sandals Royal Bahamian Spa Resort, I boarded the luxury resort's ferry to Sandals Key, a private island a mere three-minute cruise from the pier.

This is where guests will find Red Spa's Zen Garden, one of three spas at this "luxury included" resort. A collection of thatched huts serve as treatment rooms and relaxation areas, and the Zen Garden hugs one end of this tiny island. Away from the pool and dining area, it's a quiet space nothing more than the sound of the Atlantic Ocean massaging the island's sandy shores.

The Zen Garden offers a limited menu — one outdoor shower, four thatched treatment huts, and a Zen-like lounge — but despite its tiny size, it offers a special experience and is a perfect complement to the main resort spa.

Anne Dimon is a spa and wellness travel writer. Visit traveltowellness.com.

On the web

- *bahamas.com*
- Mandara Spa, *mandaraspa.com*
- Red Lane Spas, *sandals.com/redlane*
- Marley Resort & Spa, *marleyresort.com*

ANNE DIMON/FOR METRO CANADA

The Wata Passage at Marley Resort & Spa.

Moroccan Highlights
8 Day Small Group Tour from $795*
Visit the sites of Casablanca, wander through Fes, explore exotic Marrakech and more on this small group adventure tour.
*Excludes airfare, transfers, most meals and local payment of 100 Euro. Based on double occupancy. Other terms and conditions apply. Ask us for details. TICO 1324998
685 Richmond St, #101 519-667-9993
45 Clarence St 613-244-1113
THE ADVENTURE TRAVEL COMPANY
www.theadventuretravelcompany.com

FLIGHT CENTRE® Unbeatable

Airfares

ORLANDO $12*
Travel Nov 20 - Nov 30/ts + taxes & fees $235

Las Vegas $199*
Travel Jan 19 - Jan 23/wg + taxes & fees $229

London $256
Travel May 4 - May 11/ts + taxes & fees $443

Jamaica $325
Travel Jan 9 - Jan 16/wg + taxes & fees $266

Phoenix $389
Travel Nov 25 - Dec 2/ac + taxes & fees $248

Bangkok $929
Travel Jan 19 - Feb 02/ua + taxes & fees $427

Aussie Airpass $1599
Travel between May 1 - May 31/qf + taxes & fees $545

All-inclusive Holidays

CANCUN $557
Hotel Dos Playas + taxes & fees $262
INCLUDES roundtrip airfare, transfers and 7 nights 3-star all-inclusive accom. Departs Jan 15/sqv/5g.

Puerto Plata 3-Star $566
Caribbean Village Playa Dorada + taxes & fees $303
INCLUDES roundtrip airfare, transfers and 7 nights 3-star all-inclusive accom. Departs Jan 19/nol/5g.
UPGRADE to 4-star Grand Paradise Playa Dorada from $9 per night.

Punta Cana 4-Star $659
Occidental Grand Punta Cana + taxes & fees $319
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Nov 30/acv/ac.

Margarita Island 4-Star $689*
Dunes & Beach Resort + taxes & fees $200
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Dec 1/nol/ts.

Holidays

***DISNEY* FAMILY SPECIAL $179*^**
Best Western Lakeside + taxes & fees $236
INCLUDES roundtrip airfare and 7 nights 3-star accom near *Walt Disney World*. Departs Nov 22/inf/ts.

Las Vegas 4-Star $349*
Harrah's Las Vegas + taxes & fees $229
INCLUDES roundtrip airfare and 4 nights 4-star accom located on the Strip. Departs Jan 19 inf/wg.

Phoenix 4-Star $799
Pointe Hilton Squaw Peak + taxes & fees $255
INCLUDES roundtrip airfare, transfers and 4 nights 4-star resort accom. Departs Thurs until Dec 25/inf/ac.

Hawai'i Family Special $829^
Castle Queen Kapiolani Hotel + taxes & fees $241
INCLUDES roundtrip airfare and 7 nights 3-star accom in famous Waikiki. Departs Nov 24/inf/aa.

Cruise & Adventure Holidays

Mexican Riviera Cruise $279
Norwegian Star + taxes & fees $158
INCLUDES 7-day Norwegian cruise, onboard meals and entertainment. Sail roundtrip from Los Angeles and visit Cabo San Lucas, Mazatlán and Puerto Vallarta. Port charges included. Sails Nov 29.

Mediterranean Cruise $559
Norwegian Jade + taxes & fees $244
INCLUDES 9-day Norwegian cruise, onboard meals & entertainment. Sail roundtrip from Barcelona and visit ports in Casablanca, Agadir, Las Palmas, Funchal Madeira and Granada. Port charges included. Sails Feb 6.

Singapore to Bangkok 15-Day Tour $952
Colours of Asia + local payment USD$200
INCLUDES all accom, transportation and guide on this 15-day small group tour of exciting cities, cultures and natural wonders of Asia. HIGHLIGHTS Melaka, Kuala Lumpur, Cameron Highlands, Penang, Ko Samui, Ang Thong National Marine Park and more. Departs Feb 9/gap.

PERFECT HOLIDAY PROMISE
Enjoy your holiday or we'll give you $100 towards another one!†

1 866 827 2214 | flightcentre.ca

*Conditions apply. Ex:Ottawa *Ex. Montreal. Air only prices are per person for return travel unless otherwise stated. Package, cruise, rail & hotel prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fess include transportation related fees, GST and fuel supplements and are approximate and subject to change. ^Family Special Holiday based on 2 adults and 2 children 17 years and under. ts=transat, wg=sunwing, acv/ac=air canada, ua=united, qf=qantas, inf=infinity, gap=gap adventures, sqv=sunquest vacations, aa=american airlines, nol=nolitours, 5g=skyservice. † The Perfect Holiday Promise applies to bookings made at Flight Centre shops within Canada. A $100 voucher for future travel will be provided to customers who experience an unwanted deviation from their paid itinerary. For full details visit www.flightcentre.ca or speak to a Flight Centre consultant. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384* TICO

Carbon-offset campaign
Newly tabulated results from a carbon-offset campaign conducted this year by Carlson Hotels Worldwide report that donations from members of Carlson's goldpoints plusSM frequent-guest program were sufficient to offset 340,436 pounds of carbon dioxide emissions. METRO NEWS SERVICES

Out-of-the-ordinary skiing

Bored of your regular ski resort in the Alps or Rockies, with its familiar slopes, ski instructors, cuisine and après ski nightlife? Then try one of these exotic wintersports destinations:

GETTY IMAGES/CHRIS JACKSON

Onlookers peer through the glass at the Ski Dubai snowdome inside Dubai Emirates Mall in the United Arab Emirates.

OUKAIMEDEN SKI RESORT

- Sand turns to snow at the heart of Morocco's High-Atlas mountain range, where you can enjoy freestyle skiing and snowboarding. At dusk, head back to Chez JuJu, a cosy chalet run by a French couple, for a dinner of aromatic homemade couscous (jujuoukaimden@caramail.com).
- Lifts/slopes: 7/20
- Day ski pass: approx $38
- How to get there: Oukaimeden is an easy day trip from Marrakech. A taxi ride to the resort should cost less than $45.
- Visit *amazingmorocco.co.uk/skiing*.

SKI DUBAI

- The Middle East's very first snow resort, at Dubai Emirates Mall in the United Arab Emirates, boasts a snow park, bobsleigh, ski and snowboarding runs. Snow at Ski Dubai is 100 per cent natural, created through a chemical-free water-cooling system.
- Lifts/slopes: 1/5
- Day ski pass: approx $90
- How to get there: The Ski Dubai Mall of the Emirates is located south of Dubai on the Sheikh Zayed Road.
- Visit *skidubai.com*.

LECHT SKI RESORT

- Don't expect perfect powder, but Scotland's premier ski resort in Eastern Cairngorms does get snow and is a great place to learn to ski or try snow tubing. Wrap up the day with a dinner of haggis and a dram of whiskey.
- Lifts/slopes: 14/20
- Day ski pass: approx $45
- How to get there: Straddling the A939 on the famous Cockbridge to Tomintoul road, Lecht 2090 is easily reached from Speyside and Aviemore, Donside and Aberdeen, Royal Deeside and Perth.
- Visit *lecht.co.uk*.

METRO WORLD NEWS

Belize's hidden jungle jewels

TheTravelJunkie
Julia Dimon

juliadimon.com

Ruins tend to incite the imagination, conjuring up thoughts of ancient civilizations, lost secrets and mystic rituals. That's running through my mind as I stroll through the moss-covered ruins of a major Mayan city, located in the remote jungles of northern Belize near the tiny town of Orange Walk.

Lamanai, located on the banks of the New River Lagoon, goes down as one of the longest-occupied Mayan sites. It was inhabited for over 3,000 years and has some of the oldest ruins in Belize. The name itself means "submerged crocodile," in honour of the toothy reptiles that infest nearby waters.

My guide tells me that, in its heyday, Lamanai was a ceremonial centre, with a population exceeding 35,000. Today it encompasses over 700 structures, a visitor's centre and a museum.

Today only a small percentage of the site is fully excavated, leaving a wealth of archeological findings to discover.

While many associate Mayan ruins with Mexico, neighbouring Belize also played a big part in Mayan civilization. Visitors can visit Lamanai as part of an organized tour, which usually includes a boat trip, admission fee and a well-trained guide.

Wandering around the ruins, I can hear the faint cry of a Howler monkey growling in the distance. It's one of those unmistakable sounds — more like a pained, demonic snarl out of Dante's Inferno than the noise of a territorial primate hanging from a nearby tree. Nevertheless, it adds to the air of mystery.

With the entire place to myself, I visit the Jaguar Temple, a huge crumbling pyramid with intricate carvings. Then to the Mask Temple, named for the 13-foot limestone representation of an ancient Mayan king.

But it's the High Temple that's easily the most impressive structure. "At 108 feet, it's the highest structure in the area," notes the guide.

Climbing to the top of it, however, is harrowing. The steps are narrow and slippery, while the steep incline incites vertigo. I cling to a rope (strategically placed there so dumb tourists like me don't trip and kill themselves) and nervously make my way up this ancient stone Stairmaster.

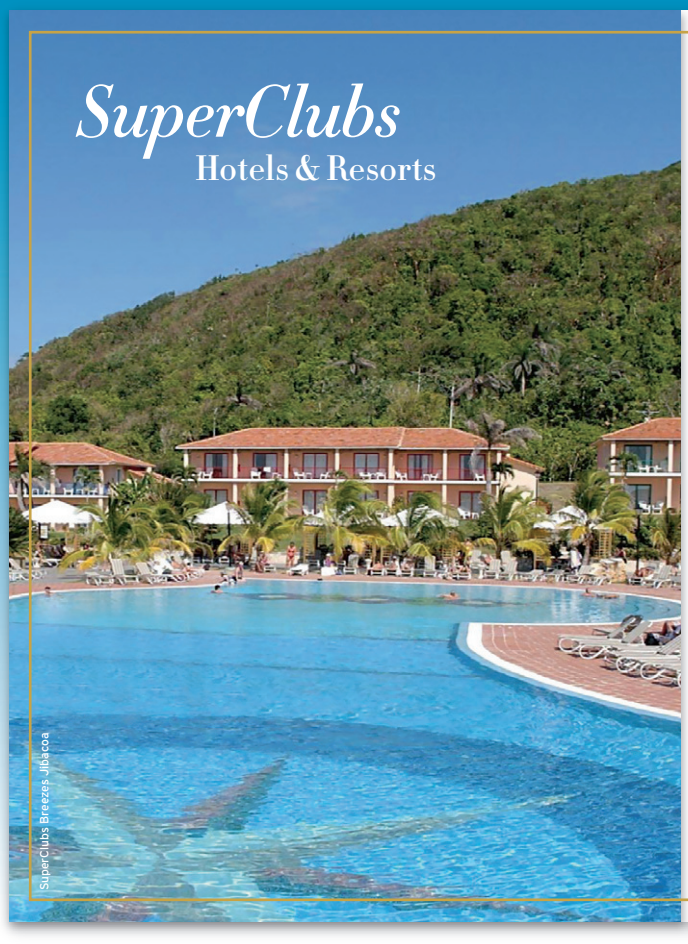
"Slow and steady," I tell myself, as I huff and puff up the ruins. Tumbling down this flight of steps would be bad for business.

Once at the top, the view makes up for the climb. It's a striking 360 degree panorama of jungle and river lagoon.

As a colourful keel-billed toucan flies overhead and settles in a canopy of rainforest, it hits me — it's no wonder that the Mayans lived here for thousands of years. It's a stunning spot with a killer view, and it showcases the beauty of Belize.

Julia Dimon is co-host of Word Travels, airing on OLN; juliadimon.com.

AIR CANADA VACATIONS



EARN UP TO 3,600 AEROPLAN MILES† PER MEMBER

Puerto Plata via Toronto
Breezes Puerto Plata Resort, Spa & Casino • 4★
Super All-Inclusive
Standard rm.
Nov. 29 • 1 wk.
$549
Taxes & fees: $319

Nassau, Bahamas via Toronto
SuperClubs Breezes Bahamas • 3★
Super All-Inclusive
Deluxe garden view rm.
Dec. 4–15 • 4 nts.
$849
Taxes & fees: $239

Varadero via Toronto
SuperClubs Breezes Bella Costa • 3★
Super All-Inclusive
Standard room, no balcony
Jan. 11–19 • 1 wk.
$1089*
Taxes & fees: $129
Please add $100 for Sat. & Sun. departures

Varadero via Toronto
SuperClubs Breezes Jibacoa • 3 1/2★
Super All-Inclusive
Standard garden view rm.
Jan. 3–19 • 1 wk.
$1289*
Taxes & fees: $129
Please add $100 for Sat. & Sun. departures

Jamaica
Breezes Montego Bay • 3★
Super All-Inclusive
Deluxe rm.
Dec. 20 • 1 wk.
$1499*
Taxes & fees: $161

Breezes Runaway Bay Resort & Golf Club • 4★
Super All-Inclusive • Deluxe rm.
Jan. 10 & 17 • 1 wk.
$1539*
Taxes & fees: $161

*NO FUEL SURCHARGE
SAVE $200 PER COUPLE on all Air & Hotel packages to Cuba (excluding Havana), Dominican Republic and Jamaica
Valid for bookings made by Nov. 14, 2008 for travel from Dec. 19, 2008 and completed by May 7, 2009.

aeroplan
SuperClubs The World's Favorite Super-Inclusive® Resorts
Grand Lido Resorts & Spas · Breezes Resorts · Hedonism Resorts
Affiliated Resorts: Sandals · Beaches

aircanadavacations.com
Call 1 866 529-2079 or your travel agent

Departure taxes are extra and must be paid locally: Cuba, 25 CUC cash. Prices in this ad are valid for bookings made between Nov. 12 & 16/08. Prices are per person based on double occupancy, unless otherwise stated, from Ottawa - Macdonald-Cartier International Airport. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures. Ontario registration #50013537. †Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Ottawa to Puerto Plata via Toronto, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ ®Aeroplan is a registered trademark of Aeroplan Limited Partnership. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 2700 Matheson Blvd. East, Mississauga ON. Visit www.aircanadavacations.com for up-to-date information.
tico.ca

Robbins to take action over vote

Tim Robbins is set to take legal action against New York officials after he was nearly denied a vote on U.S. election day, accusing them of publishing his address while trying to "cover" their mistakes. The actor says his name wasn't on the list of voters. **IMDB.COM**

Entertainment

Guest stars

The Hills stars Heidi Montag, left, and Spencer Pratt will guest star on an episode of the CBS sitcom How I Met Your Mother that will air in January. Both will film their segments this week. PEOPLE.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Boyden wins $50K Giller Prize

LITERATURE Toronto-raised author Joseph Boyden was awarded the Giller Prize last night at a televised gala in his hometown.

Boyden won the award, the richest in Canada for fiction, for his second novel, Through Black Spruce.

Rawi Hage, Marina Endicott, Mary Swan and Anthony De Sa were also on the shortlist for the $50,000 prize.

METRO NEWS SERVICES

In brief

TV President-elect Barack Obama's two young daughters have been invited to appear on popular kids show Hannah Montana, actor Billy Ray Cyrus said.

MOVIES Quantum of Solace, the 22nd installment in the James Bond saga, pulled in $107.1 million US from 58 overseas markets over the weekend, lifting the film to a total of $161 million. **REUTERS**

Drive it like Bond

Writer gets behind wheel of Aston Martin

Becoming **Bond**

Rick McGinnis

rick.mcginnis@metronews.ca

There has been a James Bond car as long as there's been a James Bond. While it took three movies for 007 to get handed the keys to his tricked out Aston Martin DB5 with the machine guns and ejector seat, Ian Fleming had a scene in the very first Bond book, Casino Royale, that reads like a stirring treatment for a pulse-pounding movie car chase.

The most heartbreaking moment in the recent movie version of Casino Royale wasn't the death of Bond's true love, Vesper Lynd, but a scene where Bond's Aston Martin DBS V12, the latest successor to the DB5, goes ass over teakettle on a deserted road, flipping a record-breaking seven times before coming to a rest in a crumpled heap. I can't help but remember that scene now as I stare at a brand-new DBS sitting in the showroom at Grand Touring Automobiles, the first one I've ever seen in real life.

Dean Jordan has been selling Aston Martins for years, and recalls doing the auto show circuit the year after James Bond was reunited with Aston Martin when Pierce Brosnan got behind the wheel of a Volante and a Vanquish in Die Another Day. "All the kids know who you are — it's a very good way of advertising you as a company. As a product placement it's brilliant."

The DBS he shows me has been sold, but Dean lets me sit in it, and pops the crystal "key" into the ignition to show off the engine for a brief second, as the showroom fills with a growling animal roar. Like the other 6,500 Aston Martins produced a year, the DBS is completely handmade, a luxury auto built around a race car's guts.

"As Bond hurtled round the bend, caressing the great car against the camber with an easy sway of body and hands, he was working out his plan of action when the distance between the two cars had narrowed still further." This is Bond pursuing Le Chiffre in Casino Royale, though he's not driving an Aston Martin but a Bentley; it's one of the little secrets of Fleming's Bond that his private car is more associated with chauffeured sedans than racing thoroughbreds, but the Bentley name, like Aston Martin, was once a hallmark of the British racing circuit.

Like the Aston Martin, the Bentley is a handmade car, loaded with luxury options, and probably a bit overpowered for most of its buyers. "A lot of the clients who drive them want to drive it because it's a Bentley," says John Koutoulakis, a Bentley salesman at Grand Touring. "They care about the presence and the name."

PHOTO BY DEAN JORDAN

Metro writer Rick McGinnis behind the wheel of an Aston Martin DBS in the showroom at Grand Touring Automobiles in Toronto.

REGISTER FOR WINTER CLASSES & MARCH BREAK CAMPS

INSCRIVEZ-VOUS AUX COURS D'HIVER ET CONGÉ DE MARS

OSA EAD

OTTAWA ÉCOLE SCHOOL D'ART OF ART D'OTTAWA

613.241.7471

www.artottawa.ca

OT		Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	11/12/08	265	353	2	TVO	Meerkat Manor		The Agenda With Steve Paikin		General Idea: Art, AIDS		Human Edge (N)		Agenda-Paikin
		211	331	3	GTV	ET Canada	Entertainment	Bones (HDTV PA) (N)		House (HDTV)		The Guard (N)		News (N)
		-	-	5	SRC	Virginie (SC)	L'Épicerie	Le Match des étoiles (N) (SC)		M pour musique (N) (SC)		Le Téléjournal (N) (SC)		La Zone
		209	342	6	CHRO	Robson Arms	TMZ (N)	Monk		*About a Boy* ★★★ (2002, Comedy-Drama) Hugh Grant.				News (N)
		196	311	7	CTV	Hollywood	etalk (N)	You Can Dance		Criminal Minds (N)		CSI: NY "Dead Inside"		News (N)
		208	303	8	CBC	Coronation St.	Jeopardy! (N)	Little Mosque	Sophie (HDTV)	CBC News: the fifth estate		CBC News: The National		The Hour
		-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Knight Rider (HDTV) (N)		Life "Black Friday" (N)		Law & Order (HDTV) (N)		News (N)
		117	713	10	TVA	Occupation	Poule-oeufs or	Destinées		Les Soeurs Elliot		TVA 22 heures	(10:45) Denis Lévesque	
		-	-	11	QS	Chemin du golf	Loft Story	*Derrière les lignes ennemies* ★★ (2001, Action) (SC)				Cent dix pour cent (SC)		Loft Story
		137	763	12	TFO	Panorama		Les Citadins du rebut global		*Sharaku* ★★ (1995, Drame) Hiroyuki Sanada, Shima Iwashita.				Enfants
		-	362	13	CBS	Dr. Phil (HDTV) (N)		Old Christine	Gary Unmarr	Criminal Minds (N)		CSI: NY "Dead Inside"		Two/Half Men
		216	395	14	OMN2	Cold Case "Yo, Adrian"		News (N)		News (N)		2Half Men	King	Cold Case
		214	344	15	CITY	Law & Order: SVU		The 42nd Annual CMA Awards Festivities honor excellence in country music.						News (N)
		115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
		218	345	18	E!	The Insider (N)	E! News	Knight Rider (HDTV) (N)		Hulk Hogan	The Soup	Johnny Depp: True Story		News (N)
		-	361	20	ABC	News (N)	Entertainment	The 42nd Annual CMA Awards Festivities honor excellence in country music.						News (N)
		512	396	24	CPAC	(4) Dossier public		À la une					Tête-à-tête	Dossier public
		651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
		-	365	36	FOX	TMZ (N)	Seinfeld	Bones (HDTV PA) (N)		House (HDTV)		News (N)		News
		-	-	64	PBS	Business Rpt.	Whiz Quiz	Monarchy: The Royal Family at Work (HDTV) (N) (DVS)				Windsors-Royal		Tavis Smiley
		205	312	104	CTV	Hollywood	etalk (N)	You Can Dance		Criminal Minds (N)		CSI: NY "Dead Inside"		News (N)
news		502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		The Human Spider (N)		National
		500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
sports		406	417	27	net	Darts World Premier League.				Best Damn Sports Show		Sportsnet Connected		Hockey Central
		126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
		400	280	30	TSN	That's Hockey!	Interruption	2008 Hockey Hall of Fame Induction			NHL Pregame	NHL Hockey: Avalanche at Canucks		
		410	403	52	SCR	NBA Basketball Philadelphia 76ers at Toronto Raptors. (Live)					Score Tonight	Score Tonight		Hockey Talk
		411	457	56	OLN	Ed's Up	Videos	The Amazing Race 13		Ed's Up	Adventures	Word Travels	Globe Guides	Pilot Guides
		417	406	59	SC	Pinks	Pass Time	Am. Thunder	Am. Thunder	Pinks	Pinks Outtakes	Wrecked	Wrecked	Pinks (HDTV)
family		554	544	48	TEL	George-Jungle	Bugs Bunny & Tweety Show		Wayside	Johnny Test	Futurama	The Critic	Robot Chicken	Daughter-Devil
		557	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
		551	542	65	YTV	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Fresh Prince	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj	Mystery Hnt.
cable variety		570	580	29	MM	mmmtop	MusicProfile	Back In	Back In	Revival	Where You At	Fabulous Life Of...		Party of Five
		615	520	31	A&E	CSI: Miami "Death Grip"		Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Parking Wars	Parking Wars	Parking Wars
		628	584	32	SPKE	CSI: NY "Buzzkill"		CSI: Crime Scene Invstgtn.		UFC Ultimate Fighter (N)		The Ultimate Fighter (N)		Ult. Fighter
		521	560	34	TLC	Jon & Kate	Jon & Kate	Jon & Kate Plus 8		Jon & Kate	Jon & Kate	Purity Balls (HDTV)		Jon & Kate
		145	761	35	TV5	Toute une histoire		*Passe-Passe* (2008, Comédie) Nathalie Baye.			Fils de justi	Partir	Facteur	Journal TV5
		616	521	39	SHO	Kink in Hair	Kink in Hair	Durham County		Billable Hours	G-Spot	Starter Wife		House
		620	523	40	BVO	Desperate Housewives		Berkeley	Bravo!Videos	Wingfield	Letters	Arts & Minds	The Achievers	Law & Order
		520	505	42	DIS	Daily Planet (N)		Cash Cab (N)	Destroyed	Monster Moves		Mayday "Out of Sight"		Daily Planet
		575	583	43	CMT	Cheerleaders	Cheerleaders	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Coyote Ugly
		601	562	45	SLC	End of Leash	ET Canada	Last 10	Bulging Brides	Work Out		Real Housewives of NYC		Last 10
		625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	House Party	House Party	Daily Show
		294	529	47	TBS	House-Payne	House-Payne	*The Bourne Supremacy* ★★★ (2004, Suspense) Matt Damon.				Steve Harvey	Family Guy	Family Guy
		600	564	49	H&G	House Hunters	Property Virgin	Mansions	The Stagers	Property Virgin	Unsellable	Million Dollar Listing		Holmes-Homes
		627	528	50	SPC	Lost "One of Them"		Star Trek: Deep Space Nine		Battlestar Galactica		Ghost Hunters International (N)		Stargate SG-1
		581	566	53	MTV	Busted	After	MTV News	Cribs	Real World-Road Rules		Real World-Road Rules		MTV Live
		618	524	54	TROP	Beverly Hills, 90210		Reality	What Happen?	Family Guy	Seinfeld	Seinfeld	'70s Show	Family Guy
		522	506	55	HIS	NCIS "Heart Break"		Finding the Fallen		Finding the Fallen		NCIS "Heart Break"		Normandy
		129	773	60	CD	Biographies "Le Brat Pack"		Le Pouvoir caché (HDTV)		Université	Paranormales	Affaires classées (HDTV)		C'est incroy
		261	394	61	V	Murder, She Wrote		Summer Wine	Dinnerladies	Darling Buds of May		Enigma		Hope Island
		602	567	62	W	Will & Grace	Friends	Grocery Bag	Maxed Out	Supersize vs. Superskinny		She's Got the Look		Style by Jury
		269	350	70	APTN	Canadian Geographic		The Gift of Diabetes		APTN National News: Contact		Tribal Treks	Guides	Wings-Canada
		621	527	71	TLK	The Ellen DeGeneres Show		TMZ (N)	etalk (N)	Paris Hilton's My New BFF		The Tonight Show-Jay Leno		TMZ
		603	561	95	FN	The Main	Chef at Home	Restaurant Makeover		Iron Chef America		Top Chef "Melting Pot" (N)		

critics' corner

CSI: NY

Finding a nice place to live in the New York metropolitan area can be a challenge. Just ask the CSIs. This week, they investigate the brutal murder of a house relocator who was found dead inside an old Victorian that was being barged from Staten Island to the Upper East Side. The crime leads them to the world of "Secret U," an art-house world of true confessionals where 20-somethings divulge their darkest secrets, with deadly results. 10 PM on 13 CBS 7 CTV

The 42nd Annual CMA Awards

Oh, my God, they nominated Kenny! And nominated him again! Kenny Chesney is the man to beat at this year's awards honoring country music's best. He's got seven nominations, including entertainer of the year and single of the year for "Don't Blink." He's scheduled to perform on the show as well, along with, among others, Alan Jackson, Taylor Swift and the duo Sugarland, who's right behind him with six nominations. Brad Paisley and Carrie Underwood host. 8 PM on 20 ABC 15 CITY

Armstrong to return to Dirty Sexy Money
An ABC spokesperson confirms that Samaire Armstrong will be returning to Dirty Sexy Money for a special American Thanksgiving-themed episode to air on Nov. 26. EW.COM

Guide to the perfect kill

Villains doomed when they cross James Bond

BRIAN TOWIE
Metro Canada

Villains always meet their ignominious demise in the James Bond movie series, and their dooms are often followed by a witty quip by Britain's near-invincible superspy.

That said, here's a look at some of the most horrid — and amusing — bad guy deaths in the 007 franchise.

Don't feel bad about laughing: They deserved it.

• **Boris Grishenko (Goldeneye):** This Russian computer expert gets his due for aiding the evil rogue agent Alec Trevelyan when he yells, "I am invincible!" shortly before being frozen solid by a leaking liquid nitrogen tank.

• **Oddjob and the Cuban assassin (Goldfinger):** Two great electrocutions in this film. Before the opening credits, Bond dispatches a Cuban assassin by tossing him into a bathtub, then adding an electric lamp. 007 then quips, "Shocking." During his climatic battle with Oddjob, Bond uses a live wire to channel a lethal current through Oddjob's razor-sharp bowler hat, and consequently Oddjob.

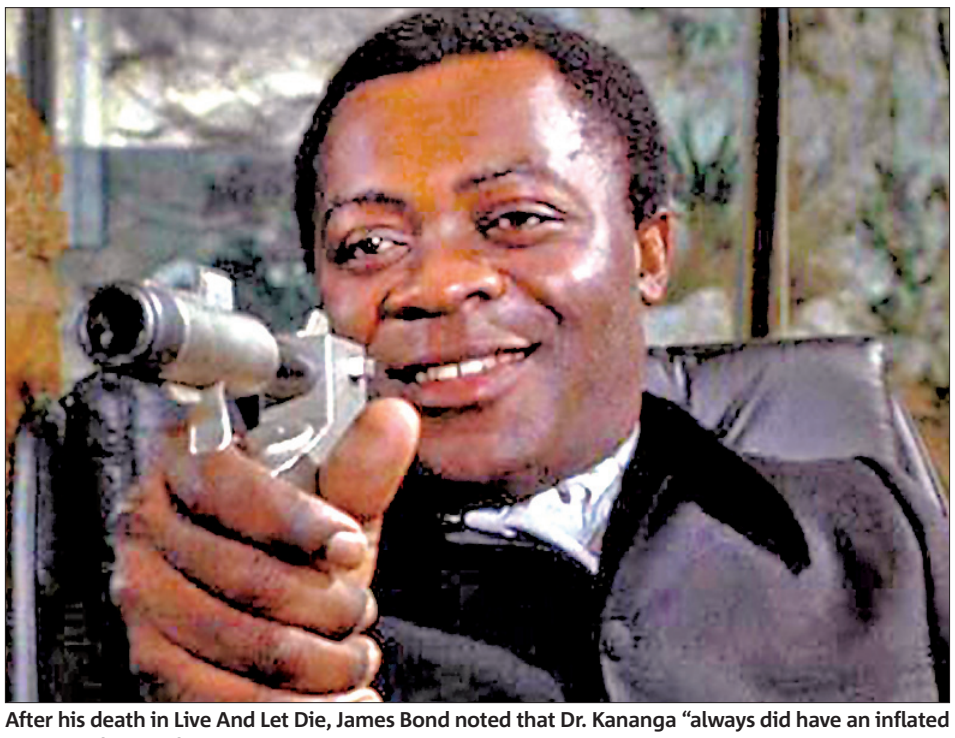
• **Hugo Drax (Moonraker):** Bond sends Drax, wounded by a poison dart, through a space station airlock and into the cosmos, saying, "Take a giant leap for mankind."

• **Milton Krest (Licence To Kill):** Slimy henchman Krest has a falling out with Sanchez, his druglord boss. Sanchez traps Krest in a high-pressure chamber, where his head inflates and explodes all over a pile of stolen drug money. Licence To Kill was a particularly brutal flick: A henchman gets fed to a shark and a young Benicio Del Toro is chopped up by a cocaine grinding machine.

• **Elliot Carver's henchman (Tomorrow Never Dies):** An assassin adds some red toner when he's thrown into a printing press. Bond says, "They'll print anything these days."

• **Dr. Kananga (Live And Let Die):** During an underwater fight — involving sharks, of course — Bond feeds the crime lord a capsule of compressed air, causing him to turn into a bursting balloon. The quip, "He always did have an inflated opinion of himself."

• **Elektra King (The World Is Not Enough):** As Bond trains his gun, his villainous exflame tells him, "You wouldn't kill me, you would miss me." Bond replies, "I never miss," and then caps her in the head. Ruthless.



After his death in Live And Let Die, James Bond noted that Dr. Kananga "always did have an inflated opinion of himself."

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

IntelleVision

Rick McGinnis

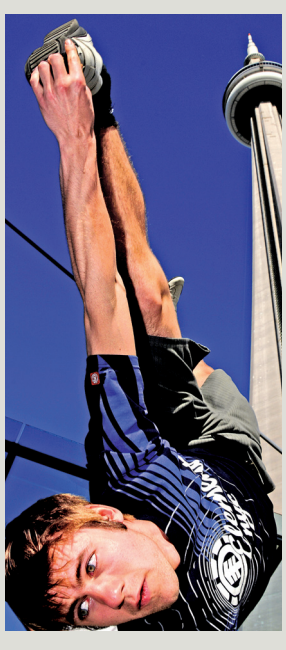
Read it at metronews.ca

GlobalStyle

Kenya Hunt

Scarves that make a statement, exclusively at metronews.ca/globalstyle.

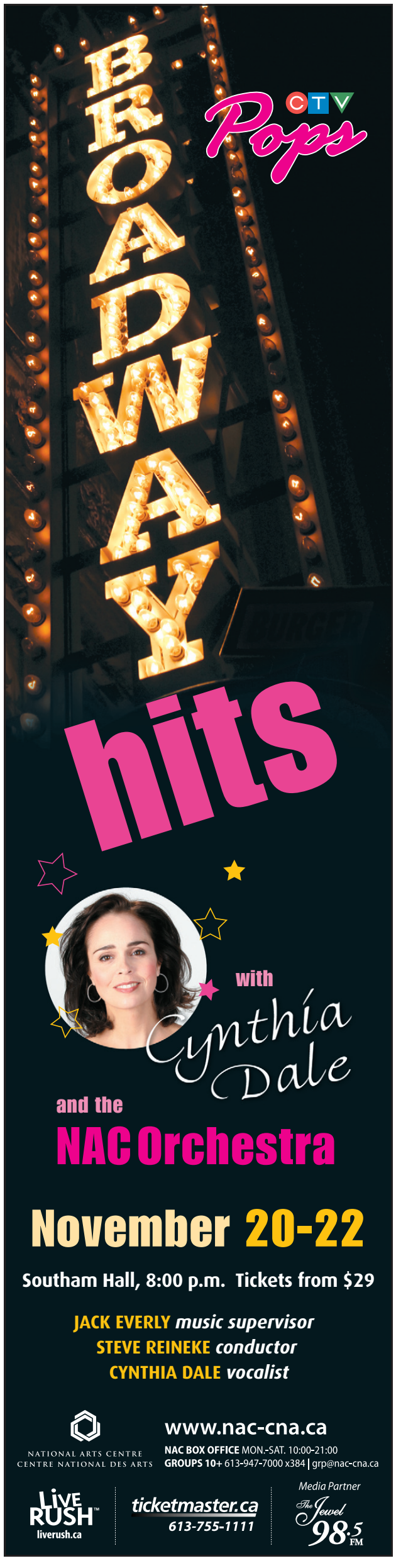
Metro Global Photo Challenge 2008



Toronto Breaks
Steve Tunzi

Keep off my lawn
Dave Cheresna

Metro's Global Photo Challenge has drawn 3,890 entries from Toronto, Ottawa, Vancouver, Calgary, Edmonton and Halifax, and 55,389 international entries. Vote for your favourite shot online at **metronews.ca/photochallenge** until Nov. 23.



McCartney's daughter to sing in Shrek 4

Sir Paul McCartney's five-year-old daughter is to sing in the new Shrek 4 movie. The music legend is voicing a character and writing a song for the latest instalment in the hit animated franchise. FEMALEFIRST.CO.UK

Celebrity Buzz

Richards admires Madonna's energy

PEOPLE Denise Richards says seeing 50-year-old Madonna perform her Sticky & Sweet tour over the weekend was "amazing," usmagazine.com reports.

"You feel lazy watching her because you gotta get off your butt and just work," the actress said.

Richards added that the singer (who recently announced her divorce from Guy Ritchie) "is really an inspiration for everyone."

Meanwhile, Richards said she can't wait to get behind the camera to film the second season of her E! reality show It's Complicated.

"You know, there's not much to tell. We start filming in January, and we're all very excited to start up again," Richards said. "As my life changes, Season 2 will be different because different things happen, and it's a reality show."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Washington criticizes Grey's

CONTROVERSY Former Grey's Anatomy star Isaiah Washington, who was axed from the show in 2007 after spewing a homophobic slur at T.R. Knight , is slamming the show for firing Brooke Smith, usmagazine.com reports.

"I looked at a brilliant actress, whom I have adored since I first saw her in Silence of the Lambs," he says in the Nov. 17 issue of TV Guide. "For her to be treated this way, I find very interesting."

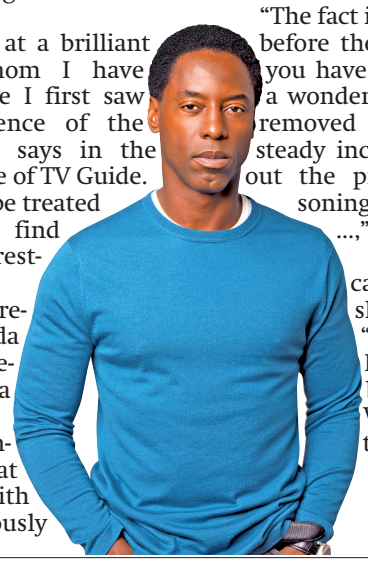
Grey's creator Shonda Rhimes released a statement last week insisting that "Brooke Smith was obviously not fired for playing a lesbian .... we did not find that the magic and chemistry with Brooke's character would sustain in the long run."

Regardless, Washington says the move was harsh.

"The fact is that, just before the holidays, you have a mother, a wonderful actress removed from a steady income without the proper reasoning behind it ...," he says.

So what can the show do? "Bring Burke back!" Washington says.

METRO NEWS SERVICES



Beyoncé inherits style from mom

FASHION Beyoncé's sense of style comes from a source close to home — her mother Tina, who owned a hair salon and taught the young Beyoncé how to dress well and save money, People.com reports.

"She'd get us little jackets and we'd go to an art supply store and we'd get stones and glitter and we'd personalize a lot of our clothes," Beyoncé, 27, said in an interview in the premiere issue of The New York Observer Style.

"She taught me the importance of looking good and feeling good, but also that beauty comes from within, because it fades."

METRO NEWS SERVICES

FameThrower

Joe O'Neill

Joe's take on celebrities

We all have to take our inspiration from somewhere, and apparently **Denise Richards** is taking hers from a really sinewy and annoying woman who stalks around on stage shrieking, wearing huge platform boots and pretending to play the guitar. And I'm not talking about **Avril Lavigne**, I'm talking about **Madonna**. When it comes to women who inspire, I'm afraid **Mother Teresa** just wasn't quite fabulous enough.

So I suppose we should all wish Richards luck with that whole pumping iron, taking steroids, embracing a dubious belief system and turning into a man thing, and on the shooting of the second season of her reality show, It's Complicated. The show isn't actually that complicated, but it has managed to make television critics unanimously put forth the name of the inventor of the fast-forward button for sainthood. I mean, how many ways can anyone think of to communicate the idea that **Charlie Sheen** was a bad husband and father? Even Charlie Sheen doesn't argue that point. Watching It's Complicated actually fills you with a sense that Denise is doing the impossible and besmirching the name "reality show." It really should be called an "inanity show."

NEWSDESK@METRONEWS.CA

Halliwell breaks up with boyfriend

RELATIONSHIPS Former Spice Girl Geri Halliwell has dumped her boyfriend Ivan "Flipz" Velez over the phone, femalefirst.co.uk reports.

Halliwell reportedly called the backing dancer three weeks ago to tell him she was ending their six-month romance.

"She called 'Flipz' when she returned to the U.K. from Los Angeles and confessed that things just weren't working for her," a source said.

"Geri said she'd hoped it would be an amazing love-of-her-life romance, but that the spark just wasn't there."

METRO NEWS SERVICES

Craig is ready to purchase house

PEOPLE "Daniel Craig is planning to buy a permanent home because he is so fed up of living out of a suitcase, imdb.com reports.

The James Bond star has been staying in hotels for the past two years due to his hectic work schedule.

But Craig now feels the time is right to set up a base.

"I just haven't had the time to buy anywhere," Craig says. "I'm hoping to get somewhere more solid this year."

METRO NEWS SERVICES

Winehouse fed up?

RELATIONSHIPS Amy Winehouse is reportedly at "breaking point" over her husband's friendship with another woman, femalefirst.co.uk reports.

The singer, who hasn't seen Blake Fielder-Civil since his release from prison last week, is said to be devastated after discovering he told Sophie Schandorff he was leaving jail early to enter a rehabilitation clinic before he broke the news to her.

"When Amy found out Blake had been in contact with Sophie it was the final straw," a source close to Winehouse told Britain's The Sun newspaper. "Amy hasn't visited him in rehab and is refusing to take his calls. It looks like it's over but we've been here before. He's talked her round plenty of times before."

Fielder-Civil is apparently convinced his year-long marriage is in good shape.

"We'll be together for the rest of our lives," he said. "She hasn't dumped me. We both love each other and will be together forever. We have spoken on the phone and I'm expecting a visit from her any time now. We can't wait to be back together."

METRO NEWS SERVICES

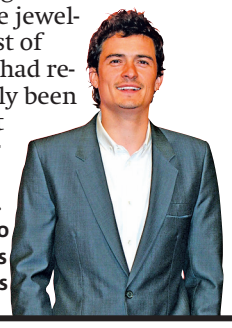
Is Bloom ready to settle down?

MARRIAGE Actor Orlando Bloom and his supermodel girlfriend Miranda Kerr are reportedly making plans to marry, femalefirst.co.uk reports.

"They are talking about settling down and getting married in a year," a source told Star magazine. "They have had a bit of a crazy year, but they do love each other and she wants to be his wife."

Kerr has been spotted wearing a collection of expensive jewelry, most of which had reportedly been bought for her by Bloom.

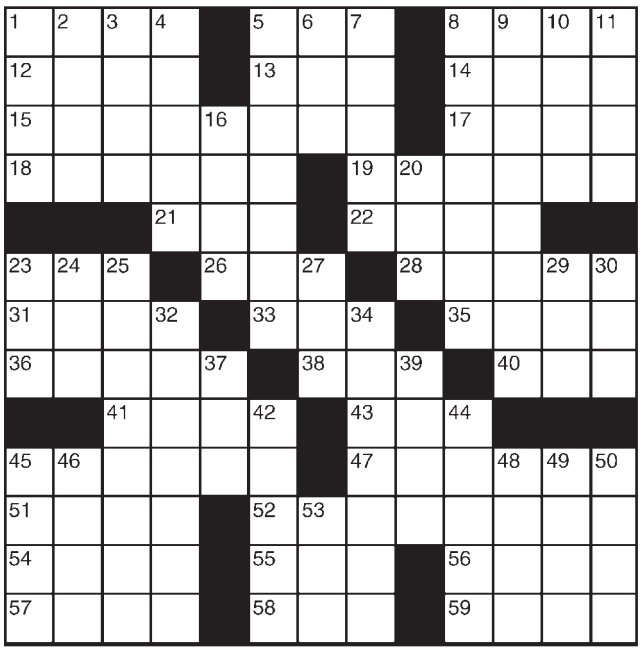
METRO NEWS SERVICES



The Weather Network
©The Weather Network 2008
Today Partly cloudy 4° / -2°
Thursday 40% Wet flurries 6° / 5°
Friday 80% Rain 10° / 3°
NOW OFFERING TRAFFIC ON YOUR MOBILE!
Download TrafficEye Mobile™ at theweathernetwork.com/mobile

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		4	2	6		8		7
3		2	4					5
	7							
5		8			7			
		6				2		
			9			5		3
							8	
6					1	3		2
4		1		3	9	7		

Crossword across

1 Secure place for valuables
5 Hair-salon application
8 Celeb
12 PC picture
13 Bullring bravo
14 You
15 Misled
17 Cupid's alias
18 Appeared to be
19 Show-biz skill
21 "Of course"
22 Unrivaled
23 Pretense
26 Cauldron
28 Suburbanites' pride
31 Wonka's creator
33 Japanese theater
35 Racetrack boundary
36 Fat-shunning Jack
38 Boxer
40 "Yippee!"
41 Physical
43 Affirmative action?
45 Clyde's partner
47 Envisioned, in a way
51 Lotion additive
52 Grain machine
54 Frees (of)
55 "Norma —"
56 Gambling game
57 Santa's sackful
58 Antiquated
59 Pornography

Crossword down

1 Perches
2 Rue the workout
3 Golfer's warning
4 Adversary
5 Mark of game-show fame
6 Sprite
7 Some turns
8 Outstanding
9 Trilateral
10 A billion years (Var.)
11 Whatever's left over
16 Sob
20 "You've got mail" co.
23 Billboards
24 Upper limit
25 Elegy
27 Surpass
29 Peeples or Vardalos
30 Crafty
32 Negligence
34 Ten times ten
37 Skater Babilonia
39 Cheney predecessor
42 Paris subway
44 Classroom array
45 Homer's son
46 Medley
48 Throat-clearing sound
49 Options list
50 Jog
53 "2001" computer

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

S	L	O	T	■	F	A	T	■	T	I	D	E
P	U	P	A	■	R	I	O	■	U	R	A	L
A	L	T	I	T	U	D	E	■	R	I	D	E
M	U	S	■	H	I	S	■	E	P	S	O	M
■	■	■	M	I	T	■	D	O	I	■	■	■
G	A	L	A	S	■	M	Y	S	T	E	R	Y
A	G	O	G	■	H	U	E	■	U	L	E	E
L	O	U	N	G	E	D	■	E	D	I	T	S
■	■	■	I	A	M	■	A	T	E	■	■	■
C	A	R	T	S	■	F	L	U	■	J	A	G
L	I	E	U	■	S	O	L	I	T	U	D	E
A	R	I	D	■	O	R	O	■	E	D	A	M
D	Y	N	E	■	S	K	Y	■	T	O	M	S

4	8	5	3	9	7	2	1	6
9	6	2	4	1	5	3	8	7
3	1	7	6	2	8	4	9	5
2	9	8	7	5	6	1	4	3
6	3	1	2	4	9	5	7	8
7	5	4	1	8	3	6	2	9
5	4	9	8	6	2	7	3	1
8	2	3	5	7	1	9	6	4
1	7	6	9	3	4	8	5	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Stir-Fried Beef with Mango

INGREDIENTS:
14 oz (400 g) lean steak, trimmed of fat
3 garlic cloves, minced
1 tsp (5 mL) sugar
2 tsp (10 mL) soy sauce
1 1/2 tbsp (20 mL) sunflower oil

GINGER AND HONEY DRESSING:
2 tsp (10 mL) paprika
1/2 tsp (2 mL) cayenne
1 1/2 tbsp (20 mL) honey
1 inch (2.5 cm) piece of fresh ginger, peeled and grated
4 tbsp (60 mL) rice vinegar or apple cider vinegar
Juice of 1 lime

SALAD:
1 mango, peeled and cut into strips
2 plums, sliced
1/2 medium red cabbage, shredded
2 oz (60 g) watercress leaves
1/2 cucumber, cut into matchsticks
1/2 red pepper, seeded and cut into thin strips
3 scallions, sliced diagonally
1 1/2 oz (45 mL) mixed fresh mint and cilantro
2 tbsp (25 mL) coarsely chopped roasted unsalted peanuts

METHOD:
1. For dressing, put paprika, cayenne, honey, ginger and vinegar in a saucepan over medium heat. Slowly add 1 cup (250 mL) water, stirring, and bring to a boil. Reduce heat and simmer 5 minutes. Remove from heat and stir in lime juice; set aside.
2. Combine salad ingredients, except peanuts, in a large serving dish and toss gently; set aside.
3. Cut steak into thin strips and put in a bowl with garlic, sugar and soy sauce. Mix to season strips. Heat nonstick skillet over high heat. Add oil and beef. Stir-fry until strips are evenly brown and cooked to taste, about 3 minutes.
4. Spoon beef over salad. Drizzle dressing over and sprinkle with peanuts.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A doubtful contender makes a move forward. Compatible people will melt away emotional blocks. Relationships with neighbours will interest you.

TAURUS
APRIL 21-MAY 21
People will accuse you of overdoing things. You'll see profound changes going on. Someone will need to kiss and tell about it.

GEMINI
MAY 22-JUNE 21
Cunning and eagerness is found among peers. You'll get somebody's back up. Prepare to stand your ground.

CANCER
JUNE 22-JULY 22
A social group takes over and gets special treatment. Observe co-workers to see who is going wrong. Memory loss will give some relief.

LEO
JULY 23-AUG 23
An impressive event will cost big bucks. A melodramatic person will be frowned upon. A peculiar associate is on pins and needles.

VIRGO
AUG 24-SEPT 22
A messenger will mess up. An idealist's heartbreak causes weepiness. A supporter has regrets due to amnesia.

LIBRA
SEPT 23-OCT 23
Think seriously about what you should be doing. A man comments on your expectations. Someone will ask to borrow money.

SCORPIO
OCT 24-NOV 22
A cynical person ends a scheme. A former foe is still shaky after what you did. A nuisance must be stopped.

SAGITTARIUS
NOV 23-DEC 21
A passionate person's difficult behaviour is justified. A strange demonstration will shock you. A negative reply causes a standoff.

CAPRICORN
DEC 22-JAN 20
Provide relief when it's expected. Restrain your temper with disorderly people. The game is over for an old-fashioned guy.

AQUARIUS
JAN 21-FEB 18
A get-together will change your life for the better. You must be determined to succeed. A dilemma is followed by a turnover.

PISCES
FEB 19-MARCH 20
A banking problem makes someone anxious. You should quit while you're ahead. Meetings with progressive people will take place.

Challenge conventional thinking.
questioneverything.carleton.ca
Carleton UNIVERSITY
Canada's Capital University

HYUNDAI™

ANNOUNCING 0% PURCHASE FINANCING◊ FOR 72 MONTHS

ON ALL REMAINING 2008s.

MAKING YOUR MONEY GO FURTHER IS **SMART**

WHILE SUPPLIES LAST

Limited model shown

AUTOMOBILE JOURNALISTS ASSOCIATION OF CANADA
2008 Best New Minivan

2008 Entourage L

SMART TO BUY

$19,995♦ Cash Purchase Price

$11,000 Cash Purchase Adjustment

Or Finance with

0% Nominal Finance Rate For **72** Mos.◊

For info only **14.66%** Effective Finance Rate For 72 mos.◊

• ABS with Electronic Brake Force Distribution (EBD) • 6 airbags • Hyundai Hideaway™ third-row seating • Power door locks & windows • A/C • Electronic Stability Control and Traction Control System

AWARDED THE HIGHEST GOVERNMENT CRASH SAFETY RATING
– NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATIONΨ

Limited model shown

2008 Santa Fe GL

SMART TO BUY

$19,995♦ Cash Purchase Price

$6,000 Cash Purchase Adjustment

Or Finance with

0% Nominal Finance Rate For **72** Mos.◊

For info only **8.43%** Effective Finance Rate For 72 mos.◊

• 2.7L, FWD • Electronic Stability Control & Traction Control System • ABS with Electronic Brake Force Distribution (EBD) • A/C • 6 airbags • Power door locks, windows & heated mirrors • XM Satellite Radio▼

Limited model shown

2008 Tucson GL V6 4WD

SMART TO BUY

$23,795♦ Cash Purchase Price

Or Finance with

0% Nominal Finance Rate For **72** Mos.◊

For info only **6.22%** Effective Finance Rate For 72 mos.◊

• 2.7L, DOHC, V6 engine • 4-wheel drive • Automatic transmission • ABS with Electronic Brake Force Distribution (EBD) • Electronic Stability Control and Traction Control System • Dual front airbags • Heated front seats • A/C • Fog lights • Remote keyless entry with alarm

Limited model shown

The 7-passenger 2008 Veracruz GL

SMART TO BUY

$29,995♦ Cash Purchase Price

$6,000 Cash Purchase Adjustment

Or Finance with

0% Nominal Finance Rate For **72** Mos.◊

For info only **5.90%** Effective Finance Rate For 72 mos.◊

• 3.8L, V6, 260 HP, CVVT engine • Front-wheel drive • Electronic Stability Control and Traction Control System • ABS with Electronic Brake Force Distribution (EBD) • 6 airbags • Heated front seats • 7-passenger seating • Power sunroof

GREAT CARS. GREAT ON GAS.

HYUNDAI 25 —YEARS IN CANADA—

5 YEAR WARRANTY
5 YEAR /100,000 KM
COMPREHENSIVE LIMITED WARRANTY††
ALL HYUNDAI WARRANTIES HAVE NO DEDUCTIBLE.

www.findmyhyundai.ca

HYUNDAI™

Visit your local Ottawa area Hyundai Dealer

Hyundai Pembroke
1945 Petawawa Blvd.
Pembroke, 613-735-5636

Bank Street Hyundai
2788 Bank St.
Ottawa, 613-739-7530

Harmony Hyundai
293 Pigeon St.
Rockland, 613-446-2220

Pathway Hyundai
1375 Youville Dr.
Orleans, 613-837-4222

Myers Hyundai
164 Robertson Rd.
Ottawa, 613-721-4567

GRADUATE REBATE PROGRAM

™™The Hyundai names, logos, product names, feature names, images and slogans are trade marks owned by Hyundai Auto Canada Corp., and used under licence. ♦Cash purchase price adjustments are for cash purchases only and are calculated against the lease/finance starting price. Cash purchase price adjustments are available on all 2008 Entourage/Santa Fe/Tucson GL V6 FWD or 4WD and Tucson Limited FWD or 4WD of $4,500 (other price adjustment in the amount of $500 is available for any purchase or lease of 2008 Tucson GL V6 FWD or 4WD and Tucson Limited FWD or 4WD models)/Veracruz trims. Cash purchase prices for models shown: 2008 Entourage Limited/Santa Fe Limited/Tucson 4WD Limited/Veracruz Limited of $31,495/$30,945/$25,995/$40,295. Delivery and Destination charges of ($1,610/$1,610/$1,610/$1,610), registration, insurance, licence fees and all applicable taxes are excluded. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. ◊Purchase Financing available O.A.C. from Hyundai Financial Services on 2008 Entourage L/2008 Santa Fe GL 2.7L FWD 5-speed/2008 Tucson GL V6 4WD/2008 Veracruz GL with a nominal finance rate of 0%/0%/0%/0% for 72/72/72/72 month terms. Nominal finance rates are based on interest charges only. Financing examples: $15,000 at 0% per annum equals $208.33 per month for 72 months. C.O.B. is $0.00 for a total obligation of $15,000. Effective finance rates are partially based on the cash purchase adjustment foregone by financing a new 2008 Entourage L/2008 Santa Fe GL 2.7L FWD 5-speed/2008 Tucson GL V6 4WD/2008 Veracruz GL with an effective finance rate of 14.66%/8.43%/6.22%/5.90% for 72/72/72/72 months. Offers available for a limited time and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. ΨGovernment star ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). U.S. Model tested with standard side-impact airbags (SABs). ▼The XM name and logos are registered trade marks of XM Satellite Radio Inc. ΔSee your dealer for eligible vehicles and full details of the Graduate Rebate Program. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.